# The Imagination and Health.

See page 386.

IN THE
FRANCIS A. COUNTWAY


# HEALTH

A WEEKLY JOURNAL OF

## DOMESTIC AND SANITARY SCIENCE.

"Reason's whole pleasure—all the joys of sense—
Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XIII.—No. 337. FRIDAY, SEPTEMBER 20, 1889. [PRICE TWOPENCE.



BRAND & CO.'S
INVALID
SOUPS,
Potted Meats,
PRESERVED
PROVISIONS, ETC.

BRAND & Co.'s
PRESERVED PROVISIONS
SOUPS &
SPECIALTIES FOR INVALIDS
ESSENCES of BEEF, MUTTON, VEAL & CHICKEN,
BEEF TEA, TURTLE SOUP & JELLY,
MEAT LOZENCES &c.
SOLE ADDRESS
No. 11,
LITTLE STANHOPE ST.
MAYFAIR, W.

BRAND & Co.'s
A1 SAUCE.

A fine Tonic and Digestive.

An excellent Relish for
"Fish, Flesh, or Fowl."

Under the direct Patronage of the British, United States, Canadian, and other Governments.

ROWNTREE'S
"ELECT" COCOA.

Characterized by PURITY, EXTRAORDINARY STRENGTH and DELICACY of FLAVOUR.

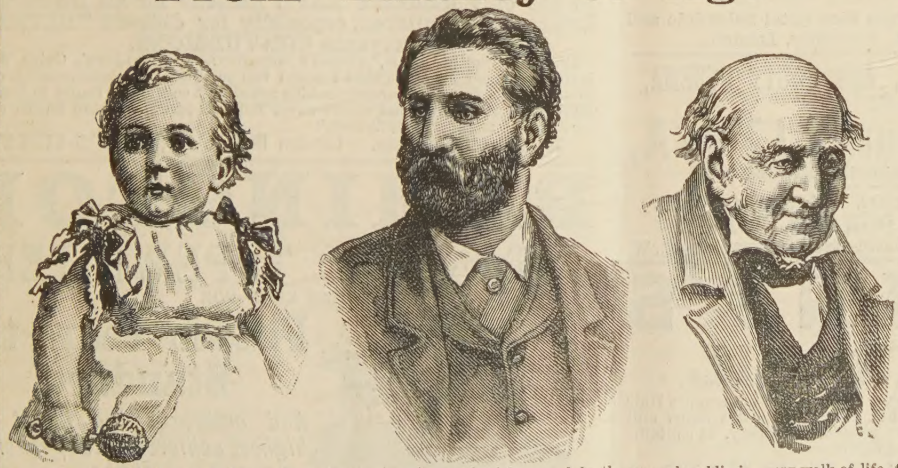
Is very ECONOMICAL, as 1 lb. will make over 120 cups of most DELICIOUS COCOA.

Highly commended by the *Lancet*, *British Medical Journal*, *Medical Press*, *Medical Record*, *Hospital Gazette*, *Illustrated Medical News*, and other influential organs; also, by many of the Faculty, and Drs. HASSALL and CLAYTON, and other analysts.

YORK, ENGLAND.

LAMPLOUGH'S PYRETIC SALINE.

"From Infancy to Age."



THE SPECIFIC for Disordered Stomach, Nervous Exhaustion, and the thousand-and-one Affections of the Digestive Organs, engendered by the high-pressure conditions of Commercial life and the Prostration of Mental Energy which follows in its train.

To all those thus affected—

LAMPLOUGH'S
PYRETIC SALINE

Acts as a Gentle but Effectual Restorative, allaying all tendency to Feverishness, Invigorating the Digestion.

Acting on the Liver, Bowels, and Kidneys, imperceptibly but surely. Tranquillising the Nervous System. Inducing Wholesome Appetite, and recuperating the Brain Power.

STOCK-JOBBERS, STOCK-BROKERS, and all those engaged in business necessitating the *mens sana in corpore sano* will find it a boon at once effectual and inexpensive. It is NOT a QUACK NOSTRUM, but a GENUINE PHARMACEUTICAL PREPARATION, the result of patient pathological research, endorsed by hundreds of the most eminent physicians, and by the general public in every walk of life, from the duke to the peasant, during the last fifty years, with the result that it now enjoys the highest position of any proprietary medicine in the world.

It may be had of all Chemists everywhere, in Glass Stoppered Bottles at 2s. 6d., 4s. 6d., and 11s. each, and is dispensed Retail at 2d. per Tumbler at 10a, Old Broad-street (opposite the East entrance of the Stock Exchange), or 113, Holborn, E.C.

*CAUTION.—Take care that, when you ask for* LAMPLOUGH'S PYRETIC SALINE, *you do not have one of the numerous spurious Imitations foisted upon you!!!*

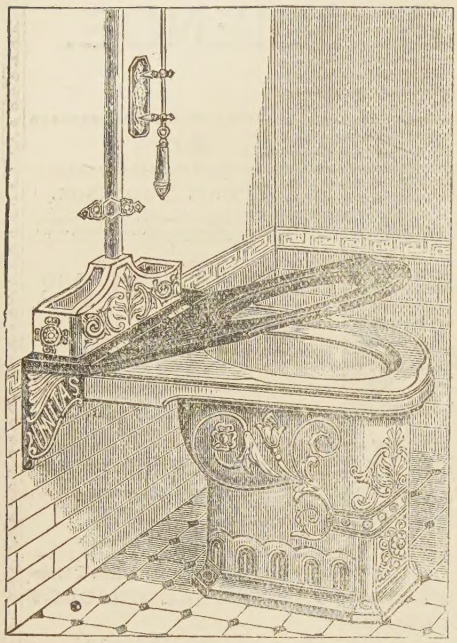


Nos. 1-156 (excepting Nos. 29, 30, 38 and 39) may still be had, price 4d. each.
Nos. 157 (excepting Nos. 245 and 272) to date, price 2d. each.

[Indexes to Vols. II., VI., VII., VIII., IX., X., XI., XII., can be had price 2d. each.

## THE PERFECTION OF CLEANLINESS, UTILITY, AND SIMPLICITY.

# TWYFORD'S 'UNITAS,'



COMBINING

## W.C. BASIN AND TRAP, URINAL AND SLOP SINK.

No Wood Fittings are required except a hinged seat, which, being raised, the Basin can be used as a Urinal or a Slop Sink, the "wetting," so objectionable in Closets having permanent seats being avoided. Free access can thus be had to all parts of the Basin and Trap, so that everything about the Closet can be easily kept clean.

### Made in Fine Earthenware, Plain or Decorated, and in Strong Fire Clay.

The flushing arrangements are so perfect that with a flush of two gallons of water, it is guaranteed that all the soil and paper will be completely removed from the Basin and through the Trap, the whole of the inside being thoroughly washed, and with the aid of the Patent "After Flush" Chamber, the full quantity of water required to receive the soil is left in the bottom of the Basin.

For Prices and Catalogues apply to

**TWYFORD, Cliffe Vale Pottery, Hanley, Staffordshire.**

# MARINE HOTEL,

NORTH BERWICK, N.B.

(Twenty-two Miles from Edinburgh.)

FAMOUS SUMMER RESORT. Splendid Golfing Green. Sea Bathing. Sea Fishing, Boating, &c. Charming Excursions to the Bass Rock, Tantallon, and numerous Castles and Seats, and the well-known Links are a most delightful Promenade.

One of the finest Hotels in Scotland. Private Grounds; unrivalled Views; extensive system of Baths—fresh and salt water. *Cuisine* is well known for its uniform excellence. Table d'Hôte at separate tables, from 6.30 to 8.30. Post and Telegraph Office in the Hotel.

A. L. VOGEL, Manager,
And Proprietor of the New Hotel Splendide and Albemarle, Piccadilly, London.

GOUT, RHEUMATISM, SCIATICA, AND GOUTY ECZEMA,
DRINK
# PITKEATHLY CUM LITHIA,
The only Rational Treatment in Use.

*Sold by Chemists, Mineral Water Dealers, and Wine Merchants.*
Sole Proprietors: REID & DONALD, PERTH.
London Agents: BEST & SONS, 22, Henrietta-street, Cavendish-sq., W.

# ROWLAND'S MACASSAR OIL

Known for nearly 100 years as the best Preserver of the Hair; it prevents Hair falling off or turning Grey; Strengthens weak Hair; eradicates Scurf and Dandriff; and renders the hair beautifully soft, pliable, and glossy. It contains no lead or mineral ingredients, and can also be had in a

## GOLDEN COLOUR

For Fair-Headed Children or People. It is unsurpassed as a Brilliantine for the Beard, Whiskers, and Mustaches.

*Sold in usual four sizes*—3s. 6d., 7s., 10s. 6d., *and* 21s.

Ask anywhere for ROWLAND'S of 20, HATTON-GARDEN, and avoid spurious imitations.

TO MOTHERS! WOODWARD'S

# "Gripe Water."

*Used by Doctors in their own Families.*

*Or Infants' Preservative,*

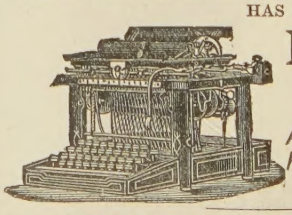
Is the only REALLY SAFE Remedy for all Disorders of Infants and Children, especially for difficult TEETHING. Prevents CONVULSIONS.

From a "Family Doctor," *Cassell's Magazine*:—"'Woodward's Gripe Water' is the only medicine of its kind I would feel justified in recommending, owing to its freedom from the narcotics which are almost constantly found in Soothing Mixtures for children, and which never fail to injure the future health of the poor child put under its influence."

1s. 1½d., all Chemists. London Depot: 489, OXFORD-STREET.

# REMINGTON
## STANDARD TYPEWRITER

HAS BEEN FOR



## Fifteen Years the Standard,

*And embraces the latest and highest achievements of inventive skill.*

WYCKOFF, SEAMANS, & BENEDICT,
100, GRACECHURCH-STREET, E.C.

# HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, SEPTEMBER* 20, 1889.


CONTENTS OF No. 337.


| | PAGE |
|---|---|
| Notes by the Way: By the Editor. | 385 |
| Original Essays:— | |
| The Imagination and Health. By Dr. Andrew Wilson | 386 |
| Personal Health:— | |
| A Retrospect of Some New Drugs. I. | 388 |
| The Elixir of Life. By W. A. Hammond | 388 |
| Skin-Roughness | 390 |
| The Family Circle:— | |
| Care of the Eyes in Infancy and Childhood. By Elizabeth Snyder, M.D. | 390 |
| Our Medicine Chest | 392 |
| Popular Science Papers:— | |
| Mushroom Gossip | 393 |
| Public Health:— | |
| The "Amines" Process of Sewage Purification | 395 |
| Jottings from the Journals:— | |
| The Housekeeping of the Future —Sea-Bathing for Children— Eel-Skins for Rheumatism | 396-97 |
| Sanitary Appliances, &c.:— | |
| Hygienic Stoves | 397 |
| IMPORTANT ANNOUNCEMENT | 398 |
| Our Letter Box:— | |
| Rules for Correspondents | 398 |
| Letter to the Editor:—"Overcrowded Cemeteries" | 398 |
| Queries and Answers:—Replies: General, Sanitary, and Medical | 399 |


## Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

A CORRESPONDENT writes:—"Will you allow me to corroborate the utility of your remarks in a recent issue *re* 'Shorthand for Medical Men'? As a follower of Taylor's system, though an ex-Phonographic 'reporting-style' writer, I should say that it is about the most ill-advised thing a professional man can do to take up the study of Mr. Pitman's books. What possible benefit can be gained by his spending months—years to be proficient—practising variously sized and shaded strokes and curves? In the case, however, of most of the old stenographic systems, any time given to them, I should say, even if it be only the learning of an alphabet (and beyond that there is often but little more to acquire), will result in positive gain. A study of Gurney or of Taylor can never be useless to any physician or literary man; but to imagine that the only practicable method of quick writing or note-taking is that done by phonographers is one of several fallacies that have crept into modern education, and it can only be effectually dispelled by an exposure of the unwarranted pretensions of this new school of stenographers."

IT is now more than thirty years since Dr. Landarrabilco called attention in the medical journals to the great value of green or unroasted coffee in liver and kidney diseases. After having continued to use the remedy for upward of a third of a century in many hundreds of cases, he again appeals to the profession, through the *Moniteur de Thérapeutique*, to give it a trial in those cases of liver and kidney troubles which have resisted all other treatment. His habit is to place twenty-five grammes, or about three drachms, of the green berries (he prefers a mixture of two parts of Mocha with one part each of Martinique and Isle de Bourbon coffee) in a tumbler of cold water, and let them infuse overnight. The infusion, after straining or filtering, is to be taken on an empty stomach the first thing after getting up in the morning. He cites many cases of liver and kidney troubles, diabetes, sick-headache, &c., which although rebellious to all other treatments for years, soon yielded to the green-coffee infusion. It is worth a trial at any rate.

RECENTLY I noticed a remarkable communication on how to change the colour of canary birds which had been laid before the Berlin Physiological Society. Starting with the observed fact that canaries fed with Cayenne pepper acquire a ruddy plumage, Dr. Sauermann has based upon it a scientific investigation of canaries, fowls, pigeons, and other birds. From these he has obtained the following results. Feeding with pepper only produces an effect when given to young birds before they moult; the colour of the feathers of older birds cannot be affected. Moisture facilitates the change of colour to a ruddy hue, which is again discharged under the influence of sunlight and cold. A portion of the constituents of Cayenne pepper is quite inactive, as, for instance, piperin and several extractives: similarly the red colouring matter alone of the pepper has no effect on the colour of the feathers.

IT is rather the triolein, which occurs in the pepper in large quantities, together with the characteristic pigment, which brings about the change of colour by holding the red pigment of the pepper in solution. Glycerine may be used instead of triolein to bring about the same result. The same statement holds good with regard to the feeding of birds with aniline colours. The red pigment of the pepper is also stored in the egg yolk as well as in the feathers. The first appearance of the pigment in the yolk may be observed as a coloured ring four days after the commencement of feeding with the pigment dissolved in fat; after a further two days' feeding the whole yolk is coloured. Dr. Sauermann, I observe, is still engaged in carrying on his researches.

WITH scientists the fly is coming in for his share of incrimination for spreading infectious diseases. It has long been known that if not the house-fly, at least some kinds which are near relations of his, have sometimes been guilty of causing malignant pustule by carrying the contagion of anthrax from diseased animals or animal substances to man. During the past year Dr. Alessi has been experimenting with flies to determine their liability to spread the infection of consumption. The germ of this disease was found in the intestines and excrement of flies who had feasted on tuberculous sputa; and their dried excreta in which, with the aid of the microscope, the germ was known to exist, was used for inoculating rabbits, and the animals became tuberculous. Thus it is found that the digestive tract of the fly is harmless to the germ. Spillmann and Haushalter have also made similar researches, with the same results; and lately a Mr. Howe, who has studied the subject in the Nile country, has found that the granular ophthalmia, or eye-inflammation, of that region can be spread by means of house-flies passing from the eyes of those who are affected with the disease to other and healthy persons.

FROM over fifty correspondents I have received letters of various kinds — critical, satirical, and otherwise — regarding Dr. Brown-Séquard's experiments on renewing human youth, described in HEALTH, Nos. 331 and 333. I am asked to give further particulars of the scientific basis on which Dr. Brown-Séquard proceeds. As a first

instalment of criticism I shall quote the remarks of the *New York Medical Record* on the experiments in question. I fully agree with the views of my American contemporary.

✣ ✣ ✣

IT is now a little more than a month since the news of Brown-Séquard's alleged method of rejuvenating the aged reached this country. The subject is one that naturally appeals to public interest, since a long life and a vigorous old age have always been among the chief objects of human desire, and consequently it has received a much greater share of newspaper attention than is usually bestowed on medical topics. This is most unfortunate, for the public discussion of such an absurdity tends only to bring scientific medicine into ridicule.

✣ ✣ ✣

The method is on its face preposterous, its vaunted effects are impossible and ridiculous. It is opposed to all known physiological and biological laws, and had it not been bolstered up by the reputation of a Brown-Séquard, it would scarcely have been heard of outside the Paris society where it was proposed, and no one would ever have looked upon it in any other light than as the foolish conceit of an old man, in whose mind the dreams of returning youth had assumed the counterfeit of reality. Supported as it was, however, by the weight of an authority hitherto respected in the world of medicine, it was necessary that it should be tested cautiously and in a proper way, and that the method should not be actually condemned until it had been proved as worthless as its pretensions were extravagant. For unreflecting and obstinate scepticism in matters medical is as illogical as unreasoning credulity.

✣ ✣ ✣

THE experiments reported by Dr. Loomis (who holds that while the matter deserves further investigation, the method is on *à priori* grounds unsatisfactory and not likely to produce permanent good) are sufficient, we think, to satisfy the demands of legitimate prudence. In fact, the subject has already received more attention than it has deserved. The results of these experiments seem to show that the injected material may, in certain cases, act as a mechanical stimulant, but that is all; they fail utterly to support the extravagant claims of physical and mental rejuvenescence which have been put forward in behalf of this method. What these experiments do not so clearly show, since they were conducted with a proper regard for surgical cleanliness, is the imminent risk of septic (or blood) poisoning or of tuberculous infection to which the subjects of such injections are exposed in the hands of incautious operators.

✣ ✣ ✣

IT is high time, therefore, concludes the *Record*, to call a halt in this matter, unless scientific medicine is to be made ridiculous in the eyes of the public. If there are any not yet convinced of the worthlessness of this method, let them continue their experiments as long as they wish, but let them do so removed from the public gaze and out of sight of the newspaper reporters. It is repugnant to true science to parade such crude and untried theories before the public, as though they had received the stamp of authoritative approval, and in the name of this science we protest against it. The daily press is awakening to the true issues involved, and will in its own effectual way bury the theory out of sight, as soon as its falsity and absurdity have been made manifest. In the present number, readers will find a paper on this subject by Dr. W. Hammond, entitled "The Elixir of Life."

# Original Essays

**"Life is not to live, but to be well."—*Martial.***

## THE IMAGINATION AND HEALTH.

BY DR. ANDREW WILSON.

SIR J. CRICHTON BROWNE, M.D., delivered a highly suggestive address at the meeting of the British Medical Association at Leeds on "The Hygienic Uses of the Imagination." Long ago, at a British Association meeting, Professor Tyndall spoke on the "Scientific Use of the Imagination," and to some extent, therefore, the discourses of the two *savants* may be said to run in parallel lines. Sir J. Crichton Browne is a Lord Chancellor's Visitor in Lunacy, and is an expert in mental disorders. What he has to say regarding the effect of the imaginative faculty on health is therefore well worth listening to, and it may be possible to adduce from his remarks certain conclusions of value to us all as readers of the fiction of the day.

The lecturer began his address with a review of the statistics of the insane who are being treated and cared for in the British Islands. His plan in the lecture before us was that of working from his own special territory—that of lunacy—towards the imagination as it affects sound and unhealthy brains alike. Indeed, in one sense, the imaginative faculty may be regarded as a kind of border-land betwixt the kingdom of the sane on the one hand and that of the insane on the other. The insane person is vastly imaginative as a rule, and perhaps one feasible distinction betwixt illusions and hallucinations is that which certifies sanity when we are conscious that our imaginings are unreal, while insanity treats its thoughts and its ideas, however erratic, as the realities of existence.

The number of insane persons among us is thus noted by Sir J. Crichton Browne:—"On the first day of the present year," he tells us, "there were in lunatic asylums—public, private, naval, military, and criminal—in Great Britain and Ireland, and therefore under the care of medical psychologists or specialists, 84,407 insane persons; but at the same date there were in workhouses, boarded out, or dwelling in their own homes, and therefore under the care of general medical practitioners, not specialists, 27,266 insane persons; and hence it is clear that a large amount of labour and solicitude in connection with the supervision and treatment of those thus afflicted falls upon the main body of our profession. But the 84,407 insane persons who were in asylums of one kind or another on January 1st last, and under the care of specialists, had all been consigned to these establishments on the evidence of medical men who were not specialists. The admissions to asylums during the previous year, 1888, had numbered 80,098; and calculating that of these 2,850 were private cases, in which two certificates are required, and 17,248 pauper cases, in which one suffices, we arrive at the conclusion that 22,948 certificates of insanity—certificates, I need scarcely say, involving nice considerations and grave consequences — were granted during the year by medical men who are not specialists."

Now these large numbers of insane persons are really the subjects of diseased imaginations. From one cause or another, they have come to regard the phantasies of mind as representing the realities of life. The field of study which is presented to the scientist who works

among the lunatic population offers many points of correlation with sane life. There is scarcely a department of life, as the lecturer told his audience, which does not infringe upon the realm over which imagination holds sway. Even the most commonplace mind must at times be given to fancy what maybe, or what might be, about itself and its surroundings. The desire to better oneself in life, the aspirations of our common humanity, and the dreams and longings of every one, are part and parcel of that wide field over which imagination holds sway. Clearly, then, Sir J. Crichton Browne was right in his declaration that imagination is a great and potent factor for good and ill in man's life, and it is a bounden duty of the medical man to call attention to the phases of action which this mental faculty may exhibit.

Speaking of the imagination *per se*, the lecturer said that he wished to direct attention "more particularly to a mental faculty that has certainly no narrow local habitation in the brain—to imagination, which has been called the noblest attribute of man, and which arises during re-excitations in ever-varying coalitions of permanent cell modifications in sensory and motor centres. I wish to impress upon you that this physical power has its hygienic uses which neither the medical psychologist nor the general practitioner can afford to neglect. Now, imagination awakens and calls forth from their organic registers the record of movements and sensory impressions. The impressions of sense are strong, the revivals of memory are faint, and the images of imagination may be said to occupy an intermediate position. Sometimes, indeed, in the coarse frenzy of the madman, and even in the fine frenzy of the poet, the molecular thrill of the ideal revival becomes so intense that it overleaps the boundaries of the cerebral (or brain) cells, and vibrating to the peripheral (or external) expansion of the nerve, reinduces exactly the conditions of the original sensation, when hallucinations arise and a counterfeit is mistaken for reality. But in the less violent workings of imagination, the revivifications which it affects are practically confined to cerebral centres; and, although more clear and luminous than the reproductions of memory, are surrounded by a nebulous haze that distinguishes them from the communications of sense."

Equally interesting is Sir J. Crichton Browne's dissection of the imaginative faculty. He says that "the essence of imagination lies not only in the superior brightness and clearness of its representations when compared with those of recollection, but in the novelty and supersensuous suggestiveness of the combinations by which they are made up. Its images, in which are brought together in harmonious blending things new and old, are not reached by elaborate composition, but by a flash of intuitive perception; they are not built up, and do not even grow by slow and silent increments, but spring into being fully formed. Its elements in the brain, it might be said, like stellar masses in illimitable space, rush together under laws which we cannot formulate, and new and penetrative light is evolved. Imagination might be spoken of as a pioneer opening up new pathways in the brain, or as a mode of transit between its territories. The brain that is without imagination is like a country without roads or railways, in which locomotion is laborious and slow; and the brain richly gifted with it is like one in which steam and electricity have established easy and rapid communication. Primitive imagination was simple and direct, but the imagination of highly civilized races is intricate and circuitous. In looking for the anatomical substratum of this complex and ever-widening faculty, which, as I have said, can have no narrow local habitation in the brain, but must traverse its richest expanses, we should seek it not so much in the cells of the third layer of the cortex, which, with their distinct processes and definite connections, cannot readily undergo structural alterations in adult life, as amongst the embryonic, budding, and still imperfectly linked cells of the first and second layers, which are capable of being forced into new kinds of activity, and which are still undergoing evolutional changes. It is probably upon excitation in groups of these cells propagated along lines of least resistance, and overcoming resistance on lines hitherto blocked, that imagination attends. Could Mr. Muybridge, who has taken muscular movements to pieces and photographed them in little bits, by some new triumph of his ingenuity graphically depict to us the lines of movement of some higher imaginative effort, we should, in all likelihood, have a figure excelling the geometrical spider's web in filamentous complication and beknottedness."

That which specially distinguishes the imaginative faculty, then, is the power of weaving out of the incidents, experiences, and even thoughts of life and its surroundings, new phases and combinations of ideas. The poet and the novelist alike share in the exercise of this faculty. Kept within bounds, imagination lends a glow and a charm all its own to mundane affairs. Allowed to run riot, it drives the subject of its over-exercised powers into the fantastic life of the dreamer or into the excesses of the insane. It is clear that our imagination has thus a duplex or two-sided influence upon our lives. Let us hear what the lecturer has to say about its place and power as a factor in modifying our existence. He is of opinion that imagination exercises a nutritive and stimulating influence on the brain. "When it is absent," he says, "tardy growth goes on; when it is more or less in abeyance, weakness exists; when it is active, there is vigorous development; and the immediate effects of imagination in causing exhilaration and preventing sleep when it is excessively indulged, almost suggest that the states of the cortex (or outer layer of the brain) which accompany it have some control over metabolic (or nutritive) changes in the body."

We are, however, asked to note that it is "only an inordinate indulgence of the imagination which produces excitement and interferes with natural slumber." Contrariwise, "its reasonable and regulated use" causes "only a certain buoyancy of spirits with which a sense of soothing is associated." These are true words. Quoting a French author, Mr. A. J. Balfour said the other day that there was scarcely a human sorrow which half an hour's perusal of a good author would not mitigate. This aphorism contains, perhaps, a key to the hygienic use of the imagination. In the perusal of works of fiction, if the close identification of oneself with the characters and scenes described be possible, there is certainly conferred thereby a wonderful power of lifting the reader out of and above his petty worries. The healthy use of fiction and of the imaginative faculty in this sense consists in its creating for us a new, a better, and a happier world than that in which our lot happens to be cast; and this in itself is no small boon to mankind.

*(To be concluded.)*

---

A SERIOUS outbreak of diphtheria was recently reported at East Haddon, in Northamptonshire. The character of the disease was at first excessively virulent, but both the severity and the number of cases are now said to be diminishing.

# Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

## A RETROSPECT OF SOME NEW DRUGS.

I.

AT the annual meeting of the British Medical Association, held at Leeds recently, we had the pleasure of inspecting some new drugs, prominent among which we noticed

ANTIPYRIN.—This drug has been before the profession for some time; but its wonderful properties have not been appreciated until quite recently. Reports indicate that it has been given with success to reduce feverish conditions in adults and infants. It has also been employed with marked success to check bleeding from the nose, throat, lungs, and external parts. To relieve nerve-pain, there is no doubt that in Antipyrin we possess one of the most marvellous remedies extant. Dr. Kingsbury reports that he gave the drug in twenty cases of migraine, or brow-ague, some of which had suffered for ten years, and "in no case did Antipyrin fail." Germain Seè, the eminent French therapeutist, has termed it "the remedy for pain."

*The British Medical Journal* says, "There seems no reason to doubt that in Antipyrin we possess a powerful anodyne for pain of nervous and rheumatic origin. Dispensed in the form of 'tabloids,' it is easily dosed, and may be administered either hypodermically or by the mouth." From one to three "tabloids" is the amount usually required for headache.

SULPHONAL.—A great deal has been said lately anent this drug, and the victims of insomnia or sleeplessness will be glad to know that they have in this new agent a safe and reliable sleep-producer, free from the unpleasant after effects of narcotics. According to the highest authorities, it does not irritate the stomach, or produce any bad symptoms whatever, and there is no liability to contract a habit of use. In fact, the dose required does not need to be increased. The dose of Sulphonal varies very much, but the usual dose is from three to twelve five-grain "tabloids" crushed and dissolved in hot fluids, *e.g.*, soup, tea, coffee, cocoa, &c., as when placed in these liquids they disintegrate, and easily pass into the circulation.

ICHTHYOL.—Ichthyol is a distillation derived from the fossilized remains of fishes found in the Tyrol; and was discovered by Schröter. This drug has been used with marked success in various forms of skin-disease. According to Dr. Chas. McLean (*British Medical Journal*, March, 1889), it acts in three ways—(1) as a protective; (2) as a reliever of congestion; and (3) as a desiccant. In these three actions lie the essentials of the treatment of many skin-diseases. It has been stated that 50 per cent. of all skin-diseases is eczema, the unbearable itching of which only those who have had it know. The success which has been obtained with Ichthyol can hardly fail to be interesting to all who are suffering from eczematous troubles. Dr. McLean has found Ichthyol a superior remedy to any others in simple eczema. If the hands and face be the affected parts, these should be washed as seldom as possible, and then only with Ichthyol Soap and warm water, to which has been added a little soft oatmeal or glycerine. Common soaps should be avoided, and if any soap be used at all, one without excess of alkali, such as Lanoline or Ichthyol Soap, should be used. Strongly alkaline soaps remove the natural fat of the skin by saponification, causing consequent drying and liability to chap. Ichthyol Soap is very effective in allaying the itching, which is a very important feature in the treatment of this widespread and troublesome complaint.

## THE ELIXIR OF LIFE.*

BY WILLIAM A. HAMMOND.

*(Surgeon-General of the United States Army, Retired.)*

THE search for elixirs of life is only one phase of that insatiable desire to investigate the infinite which has characterized the human species since it first made its appearance on the earth. The philosopher's stone, the fountain of youth, the squaring of the circle, perpetual motion, are other forms to which mankind have at different periods of the world's history given much time and thought. Some of these are, in the very nature of things, impossibilities, and not long ago the French Academy refused to receive any communications from those who pretended that they had discovered perpetual motion. But others are by no means impossibilities, and those who declare that they are have no clear idea of the matter at issue.

The philosopher's stone, for instance, or something analogous thereto, which a few hundred years ago was the object of much scientific research, is probably by no means beyond the realm of realization. By the use of this agent it was supposed that the baser metals could be transmuted into gold. Subsequently, when science had made considerable progress, such a pretension was regarded as absolutely absurd, but recent advances in chemistry and physics have shown us that many substances which were formerly supposed to be very different one from another are now known to be identical in every respect, except, perhaps, in their external forms. Every year sees the list of so-called elementary substances decreased instead of increased in number, and there is strong reason for believing that there is, after all, but one form of matter which makes itself manifest to us under different aspects. He is an ignoramus who asserts that it is *impossible* that lead and gold can be identical. All that he can truthfully say is that they appear to us to be very different from each other, and that science has not yet demonstrated that they are the same substance under different forms. The same ignoramus, with little less sciolism, would just as emphatically declare that two substances as unlike each other in all obvious characteristics as a diamond of the first water and a piece of common charcoal are as distinct from each other as night from day.

The fact is that, outside of the domains of mathematics and physics, there are no impossibilities in nature. For instance, two bodies cannot occupy the same space at the same time, and two and two added together can never, under any circumstances, be any other number than four; but many things which are ordinarily regarded as impossible, simply because they have not yet been proved, may to-morrow become established facts. The sagacious critic reserves his opinion relative to unfamiliar subjects and those which are apparently at variance with his idea of the laws of nature; but he

* See also HEALTH No. 331 ("Can We Arrest Old Age?") and No. 333 ("On Getting Old") for articles on this topic.

knows how little he really knows, and therefore waits, ready to believe or disbelieve, in accordance with further developments and new facts.

Now, there is nothing inherently impossible in a so-called "elixir of life"—that is, in a substance that, when taken into the system, may so arrest the deteriorating influences of old age as to prolong life and to render existence more tolerable. Neither is there anything unworthy in medical science in the search for such an agent. There are persons, and they seem to be especially numerous in the profession of medicine, who, never having made an original observation themselves, or performed an experiment outside the grubbing routine of their daily drudgery, cry "quackery," and "humbug," and "fraud" at everything new that is brought to their attention. It is something of which they have never previously heard, and which they have never investigated, and which, therefore, must be an impossibility. They belong to the same class as those who persecuted Harvey when he discovered the circulation of the blood. His detractors expelled him from the medical societies to which he belonged, refused to consult with him, and denounced him as an impostor. Had it not been for the open countenance of the King, they would probably have succeeded in burying Harvey and the circulation of the blood in a common grave. Many of us know how, even in our own time, the discoverer of chloroform was stigmatized as an ignoramus and a quack.

It is only necessary for a physician anxious to enlarge the boundaries of his science to announce some discovery of the virtues of a drug, to be pounced upon by these narrow-minded donkeys with ridicule and abuse. In their eyes all innovation is quackery. To hold views different from theirs in regard, for instance, to the functions of an organ of the body or the power of a remedy is an immorality not less in heinousness than picking a pocket or committing a burglary. The experiments are necessarily fictitious, the cases are manufactured for the occasion, and the would-be discoverer should be placed beyond the pale of association with the body of his profession. Fortunately in this age of the world there is a power in public opinion which keeps malicious sloths and dullards with their noses to the grindstone. They never rise to the level of respectable mediocrity in their profession, and the truth prevails in spite of their impotent rage and pitiable ignorance.

But while there is no impossibility in an "elixir of life," it is very certain that until now all the attempts that have been made to discover such an agent have resulted in disappointment, and this not so much from anything inherently improbable in such investigations as in the manner in which they were conducted. Up to the present time the subject has not engaged the attention of the medical profession for several centuries. One of the latest works on the subject is that of Fra Donato D'Eremita, published in Naples in 1624, and it must be confessed that, from the standpoint of the science of the present day, it is rather a ridiculous production. It contains a great many engravings of instruments and apparatus of a complicated character for the attainment of ends that might just as readily have been reached by much simpler means. For instance, there is a cumbersome arrangement for effecting distillation by the agency of the sun; the rays being received upon a mirror and thence transmitted to a retort. There is another, consisting of an alembic with a series of receivers one above the other, the lower one receiving the grosser products of the distillation, while the higher catches those that are more refined and ethereal. The substances of which his "elixir" was made were vegetable, animal, and mineral, to the number of nearly a hundred. Among them were valerian, cassia, cinnamon, mace, aloes, artemesia, honey, vipers, musk, asphalt, bezoar stones, coral, pearls, sapphires, emeralds, agate, gold, silver, topaz, and others "too numerous to mention." It was regarded as a specific in more than 300 different diseases, among them being gout, apoplexy, loss of sight, cancer, carbuncle, catarrh, dysentery, epilepsy, herpes, paralysis, tabes, and various mental affections.

The difficulty with Fra Donato is that the virtues of his "elixir" are entirely hypothetical. Experiment and fact are altogether foreign to his investigations. He assumes that the various agents entering into his composition possess certain properties, and from this assumption he infers, with a degree of positiveness equal to that of the obstructors of scientific research to whom I have referred, that it must necessarily be possessed of curative powers far in excess of those belonging to any other known remedy. And yet, after all, there is nothing *impossible* in the claims of Fra Donato. He simply omitted the very necessary preliminary of proving that his pretensions were based upon facts, and it would take a great many facts to establish his "elixir" as a therapeutical agent or a prolonger of life.

Now, let us see how a searcher for an "elixir of life" would go to work in our own time.

There are two ways by which such an agent could be discovered, if in reality such an agent exists.

*First*—By empiricism.

*Second*—By investigation and research.

It is seldom the case that new remedies for diseases are discovered by any other means than by empiricism—that is, unreasoning experiment. A physician in search of a remedy for a disease with which he is unfamiliar, experiments with various substances which he imagines may be of service in his treatment. Sometimes more by accident than by any other cause he makes a surprising discovery. This was the case with ether, the anæsthetic properties of which there was no reason to suspect from any knowledge of its properties we formerly possessed.

*(To be concluded.)*

---

A Gargle in Quinsy.—Dr. W. M. Beck, writes: "I notice that Sajous recommends guaiac as a gargle for early stages of quinsy. Chloral hydrate has been most efficient in my hands; in fact, nearer a specific than anything recommended in the text-books. Three or four grains to the ounce of glycerine may be used as a gargle. I mention this because no reference is made by Ringer or other therapeutists to this fact. Its efficiency and *modus operandi* are at once apparent when we consider that it is locally antiseptic, astringent, and sedative."

---

Fifth Edition.—Now Ready.—Greatly Enlarged, and completely Revised.

"*A Book every Young Man should read.*"

"A Lecture to Young Men on Purity of Life and the Preservation of Health." By A Graduate. Price One Shilling, or post-free, 1s. 1d., from Henry Renshaw, Medical Publisher, 356, Strand, London, W.C.

This pamphlet, now being issued in its Fifth Edition, forms a complete refutation of quackery of all kinds, and is a safe and reliable guide, from the medical standpoint, to all young men. Every Youth should read this pamphlet as a guide to the safe conduct of life in a moral and physical sense. Full directions for the treatment of "Nervous Debility" so-called, and allied ailments, are also given. Thousands of sufferers have welcomed this pamphlet as a veritable beacon-light to health and purity of life.

## SKIN-ROUGHNESS.

WE are fast approaching the season of the year when gentle and simple alike will complain of skin-roughness; that disagreeable ailment, slight enough to demand no medical care perhaps, but tormenting enough to cause a great deal of worry and anxiety of mind. The fair sex especially are liable to suffer greatly from skin-roughness in autumn and winter, and it is naturally a much more annoying thing for women to exhibit any skin-defect than for men.

The cause of skin-roughness is usually exposure to sudden variations in temperature, and it must be admitted that in our British climate we are specially subject to this species of social evil. The minute blood-vessels (or *capillaries*) of the skin are congested, and a kind of incipient inflammation takes place in the upper and under layers of our body-covering. This has the effect of causing the scarf-skin (or *epidermis*) to be less perfectly formed than usual, and as its cells become also more readily detached, the too familiar appearance of roughness is produced. In addition, the use of impure face powders, and of coarse soaps loaded with alkali, as well as unwise living are to be reckoned with as causes of the skin-ailment under notice.

We advise those who are subject to this ailment to supervise well their habits in the way of foods and drinks first of all. A diminution of flesh-foods and an increase of vegetables is to be recommended. If there has been any tendency to excess in alcohol, this must be corrected; but at the same time it is to be borne in mind that in many cases of feeble digestion (exercising a paramount influence on the skin) a little alcohol, taken at meals only, is often of great service. The patient should be very particular regarding the soap he or she uses. Vinolia Soap is one of the best brands, simply because it is pure and contains no injurious alkali, and exhibits besides, an excess of the emollient fat which is healing and grateful to the skin.

Of course the skin in such a case requires an external application, and for this purpose let us recommend to our readers' notice Vinolia itself, which is a most excellent skin-dressing. At night especially the skin, when rough, should have this agreeable application rubbed on, and when exposure to the cold winds is threatened a very thin coating of Vinolia will protect the epidermis. These are simple but effective means of cure for skin-roughness; and when the sterner sex complain of this ailment after shaving, we can only add let them try Vinolia before using the razor, and apply it also at bedtime.

THE SANITARY CHAMBERINE COVER.—This is a most useful addition to the household, and by its use the bedroom air can be kept sweet and wholesome, and free from all organic contamination, which is the most fruitful source of disease. The cover is absolutely unbreakable, is non-absorbent, and can be cleaned in a moment. The cover, which is sent post free for 1s. 3d., is to be had of Mr. H. Lewis, chemist, St. Peter-street, St. Albans, Herts.

LONDON NECROPOLIS, Brookwood, Near Woking, Surrey. The largest and most beautiful cemetery in England. Five hundred acres exquisitely planted. Simple funerals. Earth to earth coffins can be used if desired. Pamphlets gratis. Apply—SECRETARY, 2, Lancaster-place, Strand.—[ADVT.]

# The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

## CARE OF THE EYES IN INFANCY AND CHILDHOOD.

BY ELIZABETH SNYDER, M.D.

NEXT after the precautions which are essential to the maintenance of life, the cleansing of the eyes of the new-born should receive early and careful attention.

Immediately after birth the eyes should be completely cleansed with tepid water—not soapsuds—small pieces of soft linen or absorbent cotton being set apart for the purpose, and then dried before any other part of the body is touched. A sponge should never be used to cleanse the eyes, and no piece of linen or absorbent cotton should be used the second time. The water should be contained in a convenient basin in which no part of the child has been immersed. The practice of placing the infant in the bath and then washing the eyes with the water in which the body is immersed cannot be too strongly condemned; there is always a possibility of injury from soap or other irritant.

Impure air may injuriously affect the eyes of infants. Avoid exposing the baby to cold, either by draught upon the face or subjecting the body to sudden change. A chill of the whole body may be produced by putting on a damp or cold napkin.

In the first weeks of life infants are unable to shelter themselves from dazzling light by changing the position of the head. The eyebrows and eyelashes are short, thin, and pale, and the eyelids almost transparent. Too often we find that an infant is placed close to a window in the full light of day, and even with the sun shining directly upon its face. This should never be, although there is no reason for falling into the opposite errors of covering the face so as to impede the access of fresh air, or of keeping the room so dark as to make the eyes preternaturally sensitive.

The greatest danger to which the eyes of infants are exposed is the inflammatory disease called purulent ophthalmia, which may occur notwithstanding the greatest care. The disease usually appears between the second and fifth day, or may be longer delayed. When it appears it is easily and at once recognized by the redness, swelling, and heat of the eyelids, and the discharge of the yellowish-white matter from the eyelids. At first the discharge is thin and scanty, and glues the eyelids together as it dries; but it quickly becomes more abundant, creamy, and of a yellowish, pinkish, or greenish colour. Immediately on the appearance of these signs seek the advice of a physician. This disease is one of the most frequent causes of blindness in infants, and neglect or unskilful management may lead to partial or complete destruction of sight. Yet this is a disease which can be frequently prevented by cleanliness, and entirely cured if taken in time.

Until medical advice can be obtained the infant should be kept in a comfortably warmed and moderately darkened room. The eyes should be carefully cleansed and bathed as often as there is any considerable quantity of fresh discharge formed. It is the discharge which does the mischief. The cleansing of the eye is best done in this way: separate the eyelids with the finger and thumb, and wash out the discharge by allowing a slender stream of lukewarm water to run between them from

## DO YOU SUFFER FROM INDIGESTION?

IF SO, USE

# "PHŒNIX,"

THE

## New Digestive Food.

*"PHŒNIX" is not a Medicine, but a most Perfect Food, delicious to take, and containing more nutriment than any other preparation now in use.*

**Sold in Tins, 1s. and 2s. each. Retail of all Chemists and Grocers.**

WHOLESALE:

Messrs. NEWBERY & SONS, London.

**CLEN MILLS COMPANY, DUBLIN.**

---

## "SANITAS"

REGISTERED TRADE MARK

NON-POISONOUS COLOURLESS FRAGRANT DOES NOT STAIN

THE BEST

FLUIDS. OIL. POWDERS. SOAPS, &c.

## DISINFECTANT

Valuable Antiseptic and Disinfectant."—*Times.*
"Safe, pleasant and useful."—*Lancet.*
Of all Chemists, and of
The "SANITAS" COMPANY LIMITED,
Bethnal Green, London, E.

---

"A BOON TO LADIES."—*Lady's Pictorial.*

THE SANITARY ROSE POWDER.

"Fragrant, Soothing, Cleanly."—*The Queen.*

Antiseptic, Soluble.

WHITE OR PINK

In Packets, 6d., Boxes, 1/-, 1/9, 3/-

Of all Chemists.

FOR NURSERY AND TOILET USE.

Invaluable for CHAFES and IRRITATIONS of the SKIN caused by Sunburn, Cold Winds, Harsh Soaps, &c. Comfortable to the feet in walking.

*Manufacturers—*

JAMES WOOLLEY, SONS & CO.,

Manufacturing Pharmaceutical Chemists, MANCHESTER.

---

# LEITH and LONDON.

The LONDON and EDINBURGH SHIPPING COMPANY'S First-class Steamships, **METEOR, IONA, MALVINA, MARMION, MORNA** ("Meteor," "Iona," "Malvina," and "Marmion" lighted by Electricity), or other of the Company's Vessels, are intended to Sail (till further notice) from **VICTORIA DOCK, LEITH,** every WEDNESDAY, FRIDAY, and SATURDAY, and from **HERMITAGE STEAM WHARF, WAPPING, E.,** every TUESDAY, WEDNESDAY, and SATURDAY.

**FARES—First Cabin, including Steward's Fee, 22s.; Second Cabin, 16s. Deck (Soldiers and Sailors only), 10s.**

**RETURN TICKETS, available for Twelve Months (including Steward's Fee both ways)—First Cabin, 34s.; Second Cabin, 24s. 6d.**

☞ *Provisions, &c., may be had from the Steward on Moderate Terms.*

Not responsible for Passengers' Luggage, unless booked and paid for.

**Cheap Circular Tours round the Land's End, in connection with Clyde Shipping Co.'s Steamers.—Fare, 1st Cabin, 47s. 6d.; and by Bristol Channel, in connection with Messrs. Sloan & Co.'s Steamers.—Fare, 1st Cabin, 35s.—(Railway Fares extra).**

Apply in LONDON, to London and Edinburgh Shipping Company, Hermitage Steam Wharf, Wapping; Aberdeen Steam Navigation Co., 102, Queen Victoria-street, E.C.; G. W. Wheatley & Co., 23, Regent-street; Lavington Brothers, 69, Old Bailey; EDINBURGH—Cowan & Co., 4, Princes-street; GLASGOW—Cowan & Co., 23, St. Vincent-place; GREENOCK—D. Macdougall, 1, Cross Shore-street; or to THOMAS AITKEN, 8 & 9, Commercial-street, Leith.

**Telegraphic Addresses: Leith, "Aitken;" London, "Edina."**

---

THE

# NEBULIZER

(BY ROYAL LETTERS PATENT.)

BY THE AID of this Invention any liquid remedy can be instantaneously converted into a nebula or vapour so extremely delicate and dry that it remains suspended in the air like smoke or fog, and can be inhaled into the lungs as readily as the air itself. This process of transformation is accomplished by simple mechanical means, and does not change in the least degree the nature or strength of the remedy employed.

From the very beginning of the inhalations of appropriate remedies in a nebulized form the breathing becomes easier, expectoration is promoted, the bronchial tubes become free, patients are able to lie down and sleep quietly, and in time a permanent cure is effected. Patients suffering for thirty years and more from asthma in its most distressing form have in this way been entirely and permanently cured after hope had been abandoned.

Successfully used in cases of—

| | |
|---|---|
| DIPHTHERIA. | HAY ASTHMA. |
| CROUP. | CHRONIC BRONCHITIS. |
| PHTHISIS. | CATARRH. |
| CHRONIC RHINORRHEA. | ASTHMA. |

LEUCORRHŒA, &c.

Copy of Testimonial from GEORGE HENTY, M.D., M.R.C.S., Hon. Sec. N. Dist. Metrop. Cos. Brit. Med. Assoc.—

302, CAMDEN-ROAD, LONDON, N.

DEAR SIR,—

I have great pleasure in giving my testimony in favour of your "Nebulizer," which I have used in cases of Bronchitis and Phthisis Pulmonaris. The Patients all express themselves much benefited by its use, and the ease with which the inhalation is realized is much in its favour.

For antiseptic purposes, when charged with Iodine, Carbolic Acid, Eucalyptus Oil, Terebene, and other remedies, it is certainly the best apparatus I have yet used.

I am of opinion that medical men have not as yet used inhalation sufficiently in all cases of disease of the Respiratory Organs, because of the difficulty of finding a good and easy method of doing so, and that this "Nebulizer" gives this advantage is evident to any one who once tries its use.

I remain, dear Sir,

Yours faithfully,

(Signed) GEORGE HENTY, M.D.

Members of the Medical Profession are cordially invited to investigate this highly useful invention.

Sold complete, with twelve recipes gathered from the practice of eminent Physicians, at 10s. 6d. each, by

A. E. HOLT (Sole Proprietor),

74, FLEET-STREET, LONDON, E.C.

*Descriptive Circulars free on application.*

---

# OLD SHIRTS

REFITTED with fine Irish Linen, 2s., or with very best Irish Linen, 2s. 6d. each, returned ready to wear, carriage free. Sample New White Shirt, 2s. 9d., 3s. 9d., 5s. 9d., or 6s. 9d. 4-fold Irish Linen Collars, any size, 2s. 3d. and 2s. 9d. half dozen, post free.

## IRISH LINEN GOODS.

Napkins, 2s. 6d. per dozen; Dinner Napkins, 4s. 6d. per dozen; Table Cloths, 2 yards square, 2s. 9d. each; Kitchen Table Cloths, 11½d. each; Real Irish Linen Sheeting, fully bleached, 2 yards wide, 1s. 11d. per yard; and Linen Diaper, 8½d. per yard; Nursery Diaper, 4½d. per yard; Surplice Linen, 7d. per yard; Glass Cloths, 3s. 6d. per dozen; LINEN TOWELS, 3s. 6d. per dozen; Turkish Bath Towels, 1s. each.

## IRISH CAMBRIC HANDKERCHIEFS.

Children's, 1s.2d.; Ladies', 2s.3d.; Gent's, 3s. 6d. Hemstitched—Ladies', 2s. 11d.; Gent's, 4s. 11d. Better qualities equally cheap. Price Lists and Patterns of all kinds of Linen Goods and Hosiery sent to any part of the world post free.

**B. & E. M'HUGH & CO., BELFAST.**

# VAN HOUTEN'S COCOA

EASILY DIGESTED—**PURE**—SOLUBLE—MADE INSTANTLY.

## Incomparably THE BEST & MOST ECONOMICAL.

*Very strong and nutritious,*
*THIS Cocoa is cheaper and more satisfying than tea.*

*"Admirable," "flavour perfect," "& so pure."* } BRITISH MEDICAL JOURNAL. — *"Delicate aroma," "pure & unmixed," "goes a long way."* } LANCET.

*"Its purity is beyond question."* *"Once used, always used."—HEALTH.*

**SAMPLE TINS GRATIS**—through your Grocer or Chemist.

---

## "DRINK Bontha"

**It is not medicated, but a gently stimulating and remarkably sustaining, and refreshing aerated beverage.**

For a clear head and good spirits, drink "BONTHA."

For an appetite for food and an appetite for work, drink "BONTHA."

"BONTHA" is prepared from TEA, from which the tannin has been removed.

"BONTHA" contains no drugs, alcohol, nor artificial stimulants or ingredients.

"BONTHA" may be obtained through Wine Merchants, Grocers, and Chemists, and at 3s. per dozen, direct from the *PROPRIETORS,*

**MAY-DAVIS & CO., WESTMINSTER.**

---

## ONE BOX OF CLARKE'S B41 PILLS

IS WARRANTED TO CURE

All ailments of the Urinary Organs (acquired or constitutional), Gravel, and Pains in the Back.

GUARANTEED FREE FROM MERCURY.

Sold in Boxes, 4s. 6d each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers,

**THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, LINCOLN.**

Wholesale Agents: BARCLAY & SONS, London, and all the Wholesale Houses.

---

## THE SAFEST TONIC.

Sold by all Chemists, in Bottles (in Portable Card Case) with Drop Measure complete.

Prices 3s. and 4s. 6d. Sufficient for 3 and 6 weeks' treatment respectively.

## FER BRAVAIS.

All who want IRON should try it.

LANCET.—"'*Colloid hydrate (of iron) in aqueous solution.' Neutral, tasteless. A beautiful and interesting preparation.*"

BRITISH MEDICAL JOURNAL.—"*It has all the good effects of iron without producing constipation or disturbing the digestion, and it does not blacken the teeth.*"

---

## TOO FAT. DR. GORDON'S Elegant Pills

Cure STOUTNESS rapidly and certainly. State height, weight, and send 2/9, 4/6, or 11/-, to Dr. Gordon, 10, Brunswick Square, London, W.C.

---

## ALLCOCK'S Corn Shield

GIVES CERTAIN RELIEF

THE BEST CORN PLASTER MADE

---

## MRS. LABBET'S FEMALE PILLS

ARE COATED WITH SUGAR.

They strengthen and purify the system, and give a charming complexion to the palest countenance. No irregularity or obstruction can resist them. They are composed of purely

**VEGETABLE INGREDIENTS ONLY.**

*Sent direct, post free, for 1s. 1½d. or 2s. 9d.*

J. WARNER,
71 & 72, CHANCERY-LANE, LONDON, W.C.

a piece of linen or absorbent cotton held two or three inches above the eye. Sponges are dangerous. Move the eyelids up and down and from side to side in a gentle rubbing way, to bring out the discharge from below them; then wash it off in the same manner. Be careful about the ears; see that no water trickles into them.

A cloth can be held against the cheek by an assistant to catch the water. This cleansing will take several minutes. In order to avoid any sudden movements of the head it should be steadied by another person. When all discharge has been washed away, the lids must be dried by gentle pressure with a piece of absorbent cotton, or some other absorbent material, and the latter immediately disposed of. A little cold cream or vaseline rubbed along the edge of the eyelids will prevent them from sticking. Also keep the cheeks well anointed, as they are excoriated by frequent washings. See that the hair is kept dry, and the pillow also.

Poultices, tea leaves, and sugar of lead lotions should not be used; they are conducive to mischief, stopping the way to the right and proper course to be taken.

Those who have charge of a child with this disease must remember that the discharge from the lids is extremely contagious. It should be regarded as rank poison; the smallest particle of it introduced into a healthy eye by the finger, handkerchief, or towel would excite violent and dangerous inflammation. It is deadly poison to any other person's eye. Care must be taken in separating the eyelids that no discharge flies into your own eyes. The hands should be kept clean and not be put near the face while in contact with the diseased eye.

When the period of infancy is passed, and when children begin to employ their eyes intelligently about surrounding objects, then the character of the visual function should be observed. The proper use of the eyes is a matter of education. Although this education is an unconscious one, it is nevertheless one which may be promoted by thoughtful aid. In showing pictures, children should not be allowed to pass hurriedly from one to another, but should be induced to fix their attention for a while on the prominent points of each, so as to form the habit of careful observation. For example, in showing the picture of a dog it is well to direct the attention by questions or remarks to all parts of the drawing—to the head, tail, feet, ears, eyes, size, colour, shape and other particulars.

Parents are too much accustomed to think of and treat children as if they were all born with eyes of equal formation and endurance. It is well known that there is a great difference among adults as to distinctness and acuteness of vision. One person may read the finest print held near to the eyes, but will scarcely recognize friends two or three yards off; another, who can see the hands of a clock a half mile off, may require glasses to read. These conditions are due to the shape of the eyeball.

Defects of vision are usually not noticed until school training begins. Great injustice is often done to children by accusing them of obstinacy or inattention when they are the subjects of physical defects of sight or hearing. Those with a high degree of long-sight are particularly liable to be misunderstood; although they can see distant objects better than near ones, they sometimes hold the book close to the eyes to make the print appear larger. Four-fifths of the cases of internal squint are the result of long-sight, which is increased by the use of the eyes, but may generally be prevented and sometimes cured by proper and timely correction of the optical defect. In most cases children see badly with the squinting eye. The eyes of children with long-sight are usually "weak," and become watery and blood-shot after prolonged use. The edges of the lids are often thickened and red. The constant strain is a frequent cause of headache and other nervous symptoms.

Children with the defect known as astigmatism—that is, a want of uniformity in the curvature of the front part of the eye—often appear stupid and inattentive, because there is in this condition what is sometimes called "slow sight"—that is, they do not recognize a word quickly on first sight, but it seems to come to them afterward. The cause of this is, that the perpendicular and horizontal lines of the letters have a different focus, and mental effort is required to combine them.

During the period of growth the eye is more liable to change of form. Where there is a slight degree of short-sight, or a hereditary tendency to this defect, children should never be allowed to write or read by insufficient light; bad light and poor print may not only increase this trouble, but produce it in an eye originally perfect. The Austrian Minister of Public Instruction has recently issued a decree forbidding the use of books printed with small type in public schools, as short-sightedness is so prevalent among the school-children of Austria. With print or writing, the paper need never be nearer than ten or twelve inches from a normal eye.

One of the causes which most frequently necessitate holding the book close to the eye is a defect in the amount or direction of light. The light should fall upon the book from above and from the side. Much discomfort may be caused by shadows thrown upon the book or paper by the shoulders, head, or hand. The most injurious direction for the light to come from is that directly in front. There are unfortunately many schools so badly constructed that twilight commences in them quite early in the afternoon, even when poor light is not the rule all day. It is very important, whether at home or at school, to see that children in reading, and more especially in writing, maintain a position in which the head is not allowed to fall too far forward. The desk and its relation to the seat are not without their effect upon the welfare of the eyes. If a child is uncomfortably seated he is sure to lean forward on the desk, thus bringing the eyes too close to the work, and overfilling the blood-vessels by gravitation and impeding the return of the blood from the head and eyes, as may be seen by the flushing of the face which occurs when the head is kept for some time in such an attitude.

Various forms of inflammation of the eyes are caused, or at least promoted, by exposure to wet, or vicissitudes of weather. In all schools there should be arrangements to allow of the removal or drying of wet or damp clothing, and especially of wet or damp shoes, before children are settled to their tasks. The atmosphere of schoolrooms is a matter of importance, which is very generally neglected. The greater proportion of private schools are held in houses not intended for the purpose, and parents who give every care to the surroundings of their children at home are often indifferent to the fact that they spend many hours of the day in a close and overheated room. This now and then brings a case of weak sight from debility and nervous exhaustion to the office of the ophthalmic surgeon.—*Babyhood.*

---

Eucalyptol in Headache.—Dr. M. J. Lewis states that eucalyptol, in doses of five grains, six times daily, is useful in headaches, particularly those of a congestive character.

# Our Medicine Chest.

"THE aim of using drugs is not so much to destroy diseases as to aid and assist the natural powers to overcome the disease-principle."—*Holland.*

FOR ailments peculiar to females, Blaud's Pills have long held a high place in the repository of remedies as an unrivalled form for the administration of iron in a condition in which it is readily incorporated with the blood. It seems necessary, however, to add a word of caution regarding the employment of the true Blaud's Pills, prepared (as originally invented and produced) by M. Auguste Blaud, of 8, Rue Payenne, Paris, and to be had of all druggists. Speaking of the high service rendered in many female ailments by these pills, Dr. Karl, editor of the *Hygiène Pratique* of Paris, remarks that we often see young people afflicted with uterine weakness and irregularities, lingering for years together in a low and languid state, and leading a miserable existence, besides presenting, instead of the colour and freshness of their age, a paleness which has caused their parents on good grounds to despair of their life and health. Happy, indeed, are they, says Dr. Karl, when more serious complaints, such as lung or heart-disease, do not aggravate such ailments, which often, when neglected, have a fatal termination.

✣ ✣ ✣

AGAINST such diseases parents have an efficacious cure which is on good grounds considered to be the best, viz., iron, and which chemistry and physiology have shown to possess curative properties. Parents desirous of improving their children's health, and conscientious doctors also, are sometimes at a loss as to the treatment to which they should give the preference. One cure seems admirably to answer its purpose, namely, the iron pills of Dr. Blaud. They are recommended by such men as Drs. Merat, de Lens, Double, Guibourt, Bouchardat, &c., lately presented at the Academy of Medicine. These authorities acknowledge that the pills fulfil in every way their requirements; a fact proved by excellent results, and by their never once having failed to fulfil their curative purpose. With such a unanimous approval we do not hesitate to recommend to our readers Dr. Blaud's pills as an excellent tonic remedy. We look upon them, says Dr. Karl, as a valuable preparation, cheap, well-known, safe, and worthy of the confidence of our associates.

✣ ✣ ✣

ONE of the latest suggestions for the treatment of ringworm is made by Dr. Leviseur. The plan he adopts consists in first cutting the hair short with a pair of scissors close to the scalp, and some of the affected spots are then carefully epilated. A lotion of tincture of benzoin and bichloride of mercury is next brushed carefully over the scalp with a soft nail-brush, the strength of the bichloride solution (a highly poisonous one, it should be added) being 1 in 300 of water. Should the lotion cause irritation of the skin, this must be allowed to subside before any further treatment is proceeded with, but usually it has disappeared within twenty-four hours, though it may possibly extend to the production of pustulation. This is to be repeated at weekly intervals, until a cure is effected, the strength of the bichloride solution being gradually increased to 1 in 200 of water. Following the lotion a vaseline salve containing ten grains of salicylic acid to the ounce is to be applied daily, and if necessary, the amount of acid may be increased to twenty grains per ounce. This treatment has yielded most satisfactory results, an epidemic of ringworm breaking out in a school, and infecting ninety-eight children, having been completely overcome in the course of a few weeks.

✣ ✣ ✣

SINCE Dr. Debove showed how valuable the spray of liquefied chloride of methyl gas was in the topical treatment of various neuralgias the literature of the subject has grown considerably, and many cases of cure resulting from the application of the spray to the neuralgic area have been recorded. The gas, however, had to be liquefied by pressure, and the cylinders containing it were bulky and complicated. Galante et Fils, of Paris, have lately made for Dr. Debove (February, 1888) a small portable cylinder, which has brought the method into general use in France. The cylinder has a milled-headed screw at the bottom of the apparatus, by the turning of which a fine spray jets out from an aperture just above it. This spray can be regulated to a nicety by the screw.

✣ ✣ ✣

A CORRESPONDENT, who has recently tested the method, reports that he has employed it in over fifty cases with the following result: "The action of the spray upon the skin is remarkable. Such intense cold is instantaneously developed that directly the chloride of methyl touches the skin the latter becomes hard, iced, white, and frozen. At the same time the patient feels as if he had been touched with a hot iron. Two seconds, or at the most five, are quite long enough for its application to any one patch of skin; for the skin will rapidly vesicate, and even become gangrenous, if the spray is continued for a longer period. It is better to play the spray *obliquely* over the skin, letting it glance off, rather than direct it straight at and in close proximity to the part. It has been used in France for extracting teeth painlessly, also in minor operations for local anæsthesia, and is recommended for trigeminal neuralgia." Concerning the last, the above writer would at once dissuade others from using it upon the face, for the application leaves a most disfiguring brown colouration, which takes a long time to fade. Of its value in the treatment of neuralgia there is no question. "I have taken," he adds, "fifty cases of various neuralgias of the neck, back, and legs, and have relieved many temporarily and some permanently by its use. It is a rapid and effective vesicant, and has proved of value as a substitute for the often useful plan of 'firing' joints. As a 'moral' force in neuromimesis and malingering, it will doubtless be most persuasive."

✣ ✣ ✣

A SOLUTION which has been found to give better results than that known as Dobell's, and which has proved to be very efficacious as a local application to the nasal membrane in acute nasal catarrh, is prepared in the following manner, according to the *Med. and Surg. Rep.*:—Sodium bicarbonate, eight drachms; sodium borate, eight drachms; sodium benzoate, twenty grains; sodium salicylate, twenty grains; thymol, ten grains; eucalyptol, ten grains; menthol, five grains; oil of gaultheria, six drops; glycerin, eight and a half fluid ounces; alcohol, two fluid ounces; water to make sixteen fluid ounces.

THE use of beer-yeast in medicine has chiefly been confined to external applications. But from the account sent home by Dr. Herr from Algiers it would seem to be capable of internal use and with good results. He states that he has employed it with great success for the cure of scurvy. The doses were from one to three grammes (a gramme is nearly sixteen grains English) for children under three years, from six to eight grammes for adults, to be taken every two hours. He also obtained good results in the treatment of purpura, dysentery, tuberculosis, and particularly in diphtheria.

✣ ✣ ✣

THE success of ichthyol in the treatment of rheumatism and certain skin diseases has encouraged researches to synthetically obtain a substance identical with it in composition and action. After laborious preparatory work Dr. Jacobsen has succeeded in obtaining such a product, which he calls thiol, from *theion* (sulphur). He found that while saturated hydrocarbons do not take up sulphur, considerable quantities of this substance may be added to non-saturated hydrocarbons. On this circumstance he bases his patented process, according to which so-called gas-oil is heated in an oil-bath to a temperature of 215 degs. C., 10 per cent. of flowers of sulphur being gradually added meanwhile. This process yields a crude thiol oil, which has now to undergo sulphurization, effected by the addition of an equal quantity of pure concentrated cold sulphuric acid. The result is thiol-sulphuric acid, which is identical with ichthyol.

✣ ✣ ✣

IT forms compounds with soda and ammonia, equal in every respect to the salts of ichthyol. It is claimed that thiol compares favourably with ichthyol in being inodorous, easily pulverized, and cheaper. Its therapeutic action has been studied by Drs. Reeps and Buzzi, both of Berlin. They declare it to have the same therapeutic effects as ichthyol. Thiol is a dark-brown fluid of syrupy consistency, and is also to be obtained in the shape of a fine powder, prepared from the fluid by evaporation. Thiol may be dispensed as an ointment in combination with vaseline (one drachm), lanolin (one ounce), with thiol (one drachm); to make a dusting-powder, one drachm of thiol may be combined with two drachms of oxide of zinc, one drachm of powdered starch, and two ounces of French chalk. For internal administration the dried thiol is combined as a pill with liquorice-powder and glycerin of tragacanth. The dose is about two grains.

---

THE body of the late Colonel Tomline was recently cremated at Woking, the process occupying two hours and a quarter.

MEDICAL SCEPTICISM.—At the time when Russian society was at the height of scepticism, the eminent Professor N. G. Pirogoff, said in one of his celebrated public speeches that the life of every public physician may be divided into three periods. The first, when he religiously believes in what he has been taught at the university; the second, when he only believes in what his own experience taught him; and the third, when he believes neither in one nor in the other.

SPECIAL NOTICE.—The BEST stimulant for dietetic and other purposes is the "SKERRYVORE" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the UTMOST PURITY by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by JOHN TWATT, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[ADVT.]

# Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

## MUSHROOM GOSSIP.

FOR several years past the division of microscopy of the United States Department of Agriculture has been in receipt of numerous letters from regular correspondents and others, from which it appears that in various localities, representing almost every section and climate of the Union, there are found large quantities of edible mushrooms and other allied fungi; few of which, however, are utilized, owing to the inability of the great majority of the people to distinguish the edible species from the poisonous ones. To obtain some clear and trustworthy criteria by which to make this essential distinction has been the object of the various communications received; and in view of the highly nutritious properties of this class of esculents, and of the great possible value of their aggregate product as indicated by the vast quantities produced in countries where attention is given to their cultivation, the importance of a satisfactory answer to these inquiries will be readily appreciated. This answer is given in a little pamphlet on twelve edible mushrooms of the United States, illustrated with twelve coloured types, by Thomas Taylor, M.D., microscopist of the Department of Agriculture, Washington, D.C.

Rollrausch and Siegel, who claim to have made exhaustive investigations into the food-values of mushrooms, state that "many species deserved to be placed beside meat as sources of nitrogenous nutriment;" and their analysis, if correct, fully bears out the statement. They find, in 100 parts of dried *Morchella esculenta*, 35·18 per cent. of proteine; in *Helvella esculenta*, 26·31 per cent. of proteine, from 46 to 49 per cent. of potassium salts and phosphoric acid, 2·3 per cent. of fatty matter, and a considerable quantity of sugar. The *Boletus edulis* they represent as containing in 100 parts of the dried substance 22·82 per cent. of proteine. The nitrogenous values of different foods, as compared with the mushroom, are stated as follows: "proteine substances calculated for 100 parts of bread, 8·03; of oatmeal, 9·74; of barley-bread, 6·39; of leguminous fruits, 27·05; of potatoes, 4·85; of mushrooms, 33·0." A much larger proportion of the various kinds of mushrooms are edible than is generally supposed, but a prejudice has grown up concerning them in this country which it will take some time to eradicate. Notwithstanding the occurrence of occasional fatal accidents through the inadvertent eating of poisonous species, fungi are largely consumed, both by savage and civilized man, in all parts of the world; and, while they contribute so considerable a portion of the food-product of the world, we may be sure their value will not be permanently overlooked in the United States, especially when we consider our large accessions of population from countries in which the mushroom is a familiar and much-prized edible.

In France mushrooms form a very large article of consumption, and are widely cultivated. Mushroom-beds are cultivated in caves, frequently miles in extent. A cave at Mery is mentioned as containing, in 1867, twenty-one miles of beds, and producing not less than 3,000 pounds daily. Another, at Frepillon, contains sixteen miles of beds. The catacombs and quarries of Paris and

vicinity, and the caves of Moulin de la Roche, Sous Bicetre, and Bagneux produce immense quantities of mushrooms. They are all under Government supervision, and are regularly inspected, like the mines.

The mushroom which is cultivated in these quarries and caves, almost to the exclusion of all others, is the "Snow-Ball" (*Agaricus arvensis*). The truffle is held in high esteem, and is largely exported. In 1872 the quantity of truffles exported from France was valued at over 3,000,000 francs; in 1879, at nearly 10,000,000 francs. Immense quantities of the *Agaricus deliciosus* are sold in the Marseilles markets. The *Fistulina hepatica* is also in great demand, and many other varieties appear from time to time in the markets throughout France. The natives of Australia use largely a truffle which attains a weight of more than two pounds, and is known under the name of "native bread." The Chinese, who are noted for the care bestowed on their esculent vegetation, consume large quantities of edible fungi, importing largely from Japan and Tahiti. The trade in edible fungi from Tahiti to China commenced about the year 1866; in 1868 only seventy tons were shipped; in 1873, 135 tons were exported to China; and in 1874, 152 tons were exported.

The value of mushrooms imported by Shanghai from Tahiti in 1872 was 107,000 taels; and in 1873, 138,800 taels (the tael is worth about six shillings sterling). The fungus shipped, *Exidia auricula Indæ*, is said to be very rich in fungine and nitrogen. It is a very bulky freight: ten tons will occupy the room of thirty tons ordinary freight.

A very laudable practice of the Chinese Government alluded to in an English journal, and which might perhaps be advantageously adopted in this country, is the publishing, for annual gratuitous distribution, of numerous treatises describing the different herbs which can be utilized in whole or in part for food-purposes. One of these treatises is called the "Anti-Famine Herbal," and consists of six volumes, containing descriptions, with illustrations, of over four hundred plants which can be used as food. These volumes are of inestimable value in districts where the ravages of insects, drought, &c., have destroyed the grain and rice crops, and famine is imminent. For some years past New Zealand has exported large quantities of an edible fungus to San Francisco and Hong Kong for the use of the Celestials. A full account of this industry may be obtained from the United States consular reports. The gathering and drying of the fungus gives profitable employment to large numbers of Colonial children, as well as to the Maoris. The species grows abundantly in the wooded regions of New Zealand, and when dry is worth from fourpence to fivepence a pound. The Chinese, who are singularly free from prejudice in the matter of food, use it, as they do the edible swallow's nest, as a chief ingredient in their favourite soup. They also employ it as a medicine, and, stranger still, for making a valuable dye for silk. Another remarkable edible fungus of New Zealand is the *Sphæria Robertsii*, which grows out of the body of a large caterpillar, practically converting the latter into vegetable substance. The caterpillar lives under ground, and the fungus springs upwards through the soil till it reaches a height of eight or ten inches. It is eaten by the Maoris, who employ it also, when burned, as a colouring-matter.

The Japanese grow several species of edible fungi in logs of decaying wood in a manner peculiar to themselves; and, aside from the home consumption, they in one year exported to China mushrooms to the value of $60,000. In 1879 mushrooms were exported from Japan to the value of 243,440 yens (the yen is equal to $99\frac{7}{10}$ cents). Among the north-eastern tribes of Asia fungi are largely used as food. One species, when pounded, forms their snuff; while another, the *Fly Agaric*, which is utilized in Europe as a fly-killer, and is regarded as one of the most poisonous forms, is used by them as a substitute for ardent spirits, one large specimen being sufficient "to produce a pleasant intoxication for a whole day." In many parts of Europe fungi are a favourite food, being eaten fresh, and also preserved in vinegar for winter use. For pickling purposes, all kinds, it is said, are gathered, the vinegar being supposed to neutralize the alkaline poison of the noxious species. The common mushroom, the morel, and the truffle are, however, the favourite edible fungi. In Italy the value of the mushroom as an article of diet has long been understood and appreciated. Pliny, Galen, and Dioscorides mention various esculent species, notably varieties of the truffle, the boletus, and the puff-ball. At Rome it has been the custom of the Government to appoint inspectors to examine all the mushrooms brought into market, and to reject such as are poisonous or worthless, which are thrown into the Tiber. It was required also that no mushrooms should be hawked about the streets, but those sent to the central depôt for inspection.

The yearly average of the taxed mushrooms sold (all over ten pounds being taxed) in the city of Rome alone, for the past decade, has been estimated at between 60,000 and 80,000 pounds weight. Large quantities of mushrooms are consumed in Germany, Hungary, Russia, and Austria, and in the last country a list is published, by authority, of those mushrooms which, upon official examination, may be sold. Darwin speaks of Terra del Fuego as the only country where cryptogamic plants form a staple article of food. A bright yellow fungus allied to *Bulgarin* forms, with shell-fish, the staple food of the Fuegians. In England the common meadow mushroom, *Agaricus campestris*, is quite well-known, and used to a considerable extent among the people, but there is not that general knowledge of and use of other species which obtains on the Continent. Much has been done of late years by the Rev. M. J. Berkeley, Dr. Curtis, Dr. C. D. Badham, Dr. M. C. Cooke, Worthington G. Smith, Professor Charles Peck, and others, to disseminate general knowledge on this subject. That America is no less rich in the quantity and variety of esculent fungi is readily seen by the fact that 111 species of the edible fungi have been described by the Rev. Dr. Curtis, State botanist of North Carolina, as indigenous to that State alone, and late investigations show that nearly all the species common to the countries of continental Europe are found in different localities in the United States. Dr. J. J. Brown, of Sheboygan, Wis., writes that edible mushrooms are found in his neighbourhood in great abundance.

Many methods of cultivating the common meadow-mushroom have been presented by different growers, but all agree as to the value of the general methods in practice. Nearly every farm and nursery affords the conditions necessary to cultivate the ordinary field-mushrooms; such as sheltered sheds, stables, and small hot-beds for winter cultivation, and melon-patches, cucumber-pits, &c., for summer culture.

Mushroom spawn in "bricks" can be easily obtained from the seedsmen. Natural or virgin spawn, which is considered by many experienced growers as preferable to the artificial, can be obtained in most places where horses are kept. It is found in half-decomposed manure-

# SPECIAL NOTICE.

# INMAN'S COMPOUND SYRUP OF THE HYPOPHOSPHITES.

A Tonic Syrup of wonderful Strengthening and Invigorating Properties.

**INMAN'S SYRUP is composed of the Hypophosphites of Lime,** Iron, Soda, and Potash, and valuable Tonic Alkaloids, combined so as to be readily assimilated by the Human System. It is a safe and sure Remedy for Nervous Prostration and General Debility, whether the result of Overwork, Mental Anxiety, or Excesses. There is no Medicine that has a more beneficial action upon a debilitated constitution. It stimulates, strengthens, and invigorates the system, and effectually removes the distressing feelings of Nervous Exhaustion. It is suited to both sexes and to all ages. For Delicate Females, and particularly those suffering from impoverished blood, it is invaluable.

HEALTH says:—"We find it to be an excellent preparation, containing all the necessary constituents for that restoration of Nervous Strength which is so essential to the successful treatment of Wasting or Debilitating Diseases. The curative properties of the Hypophosphites in affections of the Respiratory Organs have been permanently established, and in all forms of Nervous Debility their action is marked and certain. The admirable Tonic nature of this Syrup has long been recognized by the Medical Profession, and we can confidently recommend it as a Powerful Invigorator of the Nervous System."

*Sold in bottles at 2s. 6d. and 4s. 6d. (post free), and the Proprietors are willing to send a Sample Bottle to any one sending Three Stamps to cover cost of postage.*

LONDON AGENTS: BUTLER & CRISPE; TAYLOR'S DRUG COMPANY; F. NEWBERY & SONS.

Proprietors: WILLIAM INMAN & CO. (LIMITED), 8, Shandwick-place, and 46, Leith-street, EDINBURGH.

# COCA LEAF

## PREPARATIONS:

### COCA TABLETS.

Containing Borax, to promote action on the Throat and the Vocal Cords. 2/6 per box.

### COCA LOZENGES.

Without the Borax, for persons to whom its flavour would not be agreeable. 2/6 per Box.

### COCA ELIXIR.

For making COCA Wine, the dose being 15 to 20 drops to the wineglass; can be taken in any fluid. 3/- per Bottle.

### COCA TEA.

COCA, in combination with selected Teas; tonic, invigorating, and delicious. 4/- per lb.

*These preparations may be obtained of all Chemists and Grocers. An Explanatory and Historical Pamphlet, showing the uses of the COCA LEAF, sent on application to the Sole Proprietors—*

THE FRENCH HYGIENIC SOCIETY OF LONDON, 6, Conduit-street, Regent-st., W.

"FOR THE BLOOD IS THE LIFE."

## CLARKE'S WORLD FAMED BLOOD MIXTURE.

Is warranted to cleanse the blood from all impurities, from *whatever* cause arising. For Scrofula, Scurvy, Eczema, Skin and Blood Diseases, and Sores of all kinds, its effects are marvellous. It is the only real specific for Gout and Rheumatic Pains, for it removes the *cause* from the blood and bones. Thousands of Testimonials. In bottles, 2s. 9d. and 11s. each, of all Chemists. Sent for 33 or 132 stamps by Proprietors,

THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, LINCOLN.

BEWARE OF WORTHLESS IMITATIONS.

## General Nursing Institute,

**5 & 4, HENRIETTA-STREET,**

COVENT GARDEN, LONDON, W.C.

Established 1862. Solely under Medical Direction.

HOSPITAL TRAINED NURSES for every description of disease—MEDICAL, SURGICAL, MENTAL, and MIDWIFERY—can be obtained at this Institute on application to the Secretary or Lady Superintendent at a moment's notice, being resident in the Home.

MALE ATTENDANTS and NURSES specially for FEVER cases.

Telegraphic Address, "Nursing Institute, London."

*The Lady* says, "Hutton's Cambric Handkerchiefs are wonderfully cheap."

## IRISH CAMBRIC POCKET HANDKERCHIEFS

| | HEMSTITCHED. |
|---|---|
| Children's Size, 1/3 per doz. | |
| Ladies' Size, 2/3 per doz. | Ladies' Size, 2/11 |
| Gent's Size, 3/6 per doz. | Gent's Size, 4/11 |

*The Christian World* says, "Hutton's Irish Cambric Handkerchiefs are unusually good at the price." Samples and price list of **Handkerchiefs and Handmade Irish Linen** free to all parts. All parcels carriage paid.—**G. R. HUTTON & CO., Larne, Belfast.**

## Order "HEALTH" from your Newsagent.

TERMS OF SUBSCRIPTION.

Yearly, including home postage, postage to the Continent, Canada, or the United States, 10s. 10d.; Six Months, 5s. 5d.; Three Months, 2s. 8½d.

*Cheques and Post Office Orders to be made payable to the Publisher* A. P. WATT.

# BAYLEY'S REMEDIES.

## THE TRUE POMMADE DIVINE.

THE great usefulness of this excellent Remedy, the POMMADE DIVINE, is so well known to all who have ever applied it, that no Encomium is necessary, and to those who are yet unacquainted with its virtues, a trial in the following cases will be its best recommendation :—

It is good for all sorts of Pains, Swellings, and Bruises occasioned by Falls, or otherwise, and will prevent the many bad consequences of such Accidents.

For a Cancer before it is broke, and for all sorts of Sore Breasts, particularly in a Lying-In

For Stiff Necks and for Swellings occasioned by the Evil.

For a Gangrene, melting a little in a wound, without using a tent.

For Pains in the Stomach, rubbed in before the fire.

If a little be well rubbed in for a few minutes on a Bruise or Pinch, it will prevent Blackness. Will also cure Scalds and Burns, applied directly; and Rheumatic and Gouty Pains fixed in any part.

N.B.—No woollen of any kind should be applied to the parts affected, nor any metal (except silver) touch the Pommade. It will retain its virtues many years, and is therefore very useful to all Travellers, particularly Gentlemen of the Army and Navy.

## HÆMORRHOIDS (or PILES).

As highly useful family medicines for that most distressing of complaints, Hæmorrhoids (or Piles), Bayley's Remedies have long enjoyed a high reputation. These remedies consist of specially prepared Pyrmont Tablets for invalid use, and of a Pyrmont Liniment for outward application. The tablets are compounded on the principle of the famous Pyrmont waters, which have been so highly recommended in cases of liver complaints, to the presence of which piles are often due, as well as in cases of the latter ailment itself. The liniment is made on allied principles. From an examination of these tablets and of the liniment, we are able to assert that they contain nothing calculated to produce untoward effects in the most delicate constitution, while they are likely to prove most beneficial in mild and severe cases alike. The ease with which the remedy may be taken—the tablets being agreeable to taste, and being merely allowed to dissolve in the mouth—will recommend this preparation in the eyes of those especially who have run the gamut of the many drugs employed for the cure of hæmorrhoids. We recommend a trial of Messrs. Bayley's Tablets, &c., which are to be obtained at 17, Cockspur-street, London, W.—*Vide* HEALTH, *April 8th*, 1887.

The Pure and well-known LAVENDER WATER and COLOGNE, as recommended by Dr. Andrew Wilson for the skin, cannot be too highly commended.

## Prepared by BAYLEY & COMP.Y, Perfumers,

*THE OLD CIVET CAT, 17, COCKSPUR-STREET, LONDON.*

PRICE LISTS FREE ON APPLICATION.

NOW READY, PART I., PRICE 6d., of the New Serial Issue of

**The Family Physician.** A Manual of Domestic Medicine, by Eminent Physicians and Surgeons of the Principal London Hospitals.

☞ A Valuable Chart of Instructions by a well-known Physician, giving information on Medical, Surgical, and Sanitary Subjects, has been specially prepared for issue with this Edition, and is given, free of charge, with Part I.

"Many years' experience of the far-reaching usefulness and trustworthiness of Cassell's 'Family Physician' enables us to commend the work with the utmost confidence."—*Daily Chronicle*, September 7th, 1889.

"A book which ought to have a place in every household, and its contents pondered by the heads of families."—*The Court Journal.*

*** **The FAMILY PHYSICIAN can be had COMPLETE in One Volume, price 21s.**

CASSELL & COMPANY, LIMITED, LUDGATE-HILL, LONDON.

# Vino Tinto de Bruneto.

THE VINO TINTO DE BRUNETO, a pure, natural, full-bodied Spanish Red Wine, grown on ferruginous soil, and highly recommended for its valuable tonic properties, has been thoroughly analyzed by Mr. BENJN. NICKELS, Food Analyst for "The Confectioners' Union," &c., and has been pronounced by him free from either colouring matters, Salicylic Acid, or Free Sulphuric Acid; but containing, as it does, both Iron and Tannin, it has strong astringent properties which make it invaluable as a NERVINE tonic and DIGESTIVE when taken with meals, whilst taken with Soda or other Aërated Waters it forms a delicious invigorating drink at all times.

Pure Wine, like pure air, acts as a natural restorative, and by its stimulating and invigorating qualities tends to oxidize the blood and to assimilate the food. For this purpose VINO TINTO DE BRUNETO is unequalled. *Price 20/- per dozen. Delivered Free in London.*

Sole Agent: CHARLES ROBINSON, 61, MARK-LANE, LONDON, E.C.

# JACKSON'S VARNISH-STAINS

(ONE OPERATION ONLY).

No Size, previous Preparation, or Skilled Labour required. Dries in a few minutes with surface equal to French Polish.

Recommended by eminent sanitary authorities as a floor covering, saving carpets, dust, damp, and labour. Makes shabby furniture brilliant by the application of one coat only, to represent Mahogany, Walnut, Oak, Dark Oak, Rosewood, Satinwood, Ebony.

Bots., post free, 9d. and 1s. 3d. Cans, Pint, 2s.; Quart, 3s. 6d.; Half-Gallon, 6s.; Gallon, 10s. Cans and Carriage free. Write for Circular, with Testimonials and full particulars.

MANUFACTURERS:

T. S. JACKSON & SONS,
VARNISH MAKERS,
199, BOROUGH HIGH STREET, LONDON, S.E.
Established 1853. Or from Colourmen, Ironmongers, Grocers, Druggists, Stores, &c.

ESTABLISHED 1825.

# NEAVE'S FOOD

FOR INFANTS, INVALIDS, AND THE AGED.

BEST AND CHEAPEST.

# GENUINE PILLS OF DR. BLAUD.

These have been prescribed with the greatest success for more than Fifty years by the majority of Physicians to cure Anæmia, Chlorosis, and to promote the healthy development of females.

The insertion of these pills in the new French Codex renders praise unnecessary.

N.B.—The genuine Pills of Dr. Blaud are sold only in bottles containing 200 pills, and half-bottles containing 100 pills, at 5 francs and 3 francs, and are never sold retail.

See that every pill bears the name of the inventor, as thus:

BLAUD

PARIS: 8, RUE PAYENNE, and at all Druggists.
BEWARE OF IMITATIONS.

SEVENTEEN GOLD, SILVER, & BRONZE MEDALS.

WM. WOOLLAMS & CO.,

ORIGINAL MAKERS OF GUARANTEED

# NON-ARSENICAL WALL PAPERS.

TO BE OBTAINED OF ALL DECORATORS.

*Manufactory and Sole Address:*
110, HIGH STREET
(Near Manchester-square),
LONDON, W.

NOTE TRADE MARK.

KEARSLEY'S WIDOW WELCH'S FEMALE PILLS have a reputation of over

ONE HUNDRED YEARS,

and are the acknowledged leading remedy for female complaints. They restore a healthy hue to the complexion, in place of the deathly pallor so distressing to witness. May be obtained of all Chemists, 2s. 9d. per box; or by post, 34 stamps, from SANGER & SONS, 489, Oxford-street, London.

heaps, generally where horse droppings have accumulated under cover. It is readily distinguished by its white filamentous character and by its mushroom odour. When dried, it can be kept for years.

Mushroom-beds are easily formed on the floors of sheds by carrying in the fresh stable-dung, adding to it about one-fourth of good loam, mixing both together, pressing firmly down, and letting the mass remain about two weeks untouched, By this time the temperature will be on the decline; and when it falls anywhere between 50 degs. and 60 degs. Fahr., break the spawn bricks into pieces two inches square, and plant twelve inches apart, three inches below the surface. By means of any suitable instrument, beat the mass down firmly, then add three inches of good soil, and beat again.

For culinary purposes, mushrooms should generally be allowed a growth of about six weeks, and when gathered should be carefully cut off with a knife, not broken.

It is recommended that mushroom-beds should not be finally earthed until the spawn is seen beginning to spread its white filaments through the mass: and should it fail to do this in eight or ten days after spawning, the conditions being favourable, it is better to insert fresh spawn or to remake the bed, adding fresh materials if it be found to fail from being too cold. The temperature of the beds at spawning-time should not exceed 80 degs. Fahr.: 70 degs. Fahr. is considered the most suitable regular temperature. It is advisible not to put the spawn at any uniform depth, but so that while one piece of it may be at a depth of six inches, or nearly so, others may touch the surface. This allows the spawn to vegetate at a depth and temperature most congenial to it. Mushrooms may be cultivated in warm cellars, in boxes about four feet square by eighteen inches in depth, for family use.

Glycerine in Dyspepsia.—Dr. J. A. Pollard claims that glycerine, in drachm doses, will be found most valuable in preventing stomach troubles in convalescence from debilitating diseases; that it will often cut short an attack of indigestion, and that it will prevent and cure a large proportion of cases of "summer diarrhœa" of children. It will also to a great extent control the vomiting of pregnancy.

English Patients at the Pasteur Institute.—The number of patients under treatment at this institute continues large, and is maintained by new arrivals daily. The number treated last week has varied from 80 to 100 daily, the new arrivals one day numbering thirteen. Five patients from England are in attendance under the charge of Dr. Hime, as three out of four were bitten in or near Bradford on July 17th. All these three are dangerously bitten, two badly on the hands, one on the knee and buttock. The dog travelled from Bradford to Keighley, nearly fourteen miles, and on his return journey bit a cow. The dog was at length killed, and its body unfortunately thrown down a disused coal pit, past hope of recovery. At the commencement of Pasteur's public treatment, Dr. Hime brought ten persons for treatment from Bradford, all of whom are still well. The only person who died of rabies, bitten by the dog which wounded these ten, was a man who did not undergo treatment.

CHEMICAL ANALYSIS.—Dr. Drinkwater, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

# Public Health

"Health is the first Wealth."—*Emerson.*

## THE "AMINES" PROCESS OF SEWAGE PURIFICATION.

When the late Royal Commission on Metropolitan Sewage Discharge (Lord Bramwell's) finished its exhaustive inquiry, the Commissioners summarily recorded their deliberate opinion by stating that "no known process of precipitation purifies sufficiently," &c. This report was published in 1884, and since that year various efforts have been made to discover an efficient process; but it seems to have been reserved for Mr. H. Wollheim, of 101, Leadenhall-street, London, to elaborate such a process, which he has named the "Amines" process, because it utilizes certain organic bases belonging to the chemical group of the Amines (ammonia compounds).

This process, while it completely sterilizes the effluent—the great object aimed at by all investigators—is as near commercial success as any sewage treatment can ever be. The working of the process as experimentally carried on at Wimbledon Sewage Farm was recently witnessed by Lord Rosebery, and a number of gentlemen interested in the subject have also inspected it, amongst them being members of the Main Drainage Committee of the London County Council, and other members of the Council, as well as Professor R. Fletcher, of Dartmouth College, United States; Mr. E. B. Ellice-Clark, M.I.C.E.; Dr. T. Dudfield, Professor C. E. Cassals, Public Analyst for Deptford, and others.

The process, as carried on at Wimbledon, may be briefly described as follows:—The Amines, either pure or in the form of Amine salts, are used in combination with lime—preferably milk of lime—the proportions varying in accordance with the nature of the sewage and attending conditions. At Wimbledon herring-brine is used, and is introduced into freshly-made milk of lime. It is immediately decomposed, and a very soluble, gaseous reagent is evolved, to which the inventor has given the name of "Amminol." This reagent announces its presence by a peculiar briny odour similar to that of the seabreeze.

Amminol is a very powerful disinfectant, and when introduced into sewage rapidly extirpates all micro-organisms capable of causing putrefaction or disease. The disinfectant mixture is added to the sewage as it issues from the sewers, and is thoroughly intermixed with it by mechanical means. The effect is almost instantaneous. By the action of the lime violent flocculation is set up, and the suspended matters tend to subside. Simultaneously the putrid smell of the sewage is replaced by the peculiar briny odour of the reagent. In this state the sewage flows into the settling-tanks. There the subsidence of the solids takes place at a rapid rate. When it is complete (in a depth of six feet it is stated to take only half an hour) the clear supernatant effluent, completely deodorized and disinfected, may be discharged with perfect safety.

How completely the purification has been effected we learn from reports made by Dr. Klein, F.R.S. Dr. Klein found that while a sample of sewage examined by him contained 2,400,000 organisms in the cubic centimètre, the resultant effluent, after treatment by the "Amines" process, was absolutely free from all or any organisms. In another report Dr. Klein pronounces the

effluent as sterile. He also suggests that the effect of the treatment on specific micro-organisms—such as bacillus anthracis, the cholera comma bacillus, the typhoid bacillus, the pneumonia bacillus—should be ascertained.

As to the economical aspect of the question, Mr. Wollheim states that the cost of the process, while it varies with existing conditions, may be given in round numbers as ranging from ½d. to ¾d. per 1,000 gallons of sewage treated. In the case of the London sewage (taking the daily flow at 130,000,000 gallons) the cost need not exceed £330 daily, equal to about £125,000 per annum, which means 7½d. per head of the population, or a rate below 1d. in the pound. It may be remembered that Lord Bramwell's Committee stated that "the cost of treating the sewage of London by a good and efficient chemical precipitation process would entail an expenditure of not less than £200,000 a year."

It should be added that in his estimate of cost the inventor does not take into account the possible revenue to be derived from utilizing the sludge. The latter may be reduced in filter presses to solid cake, or subsequently, if required, to powder by further air-drying for manurial purposes, or, partly deprived of its moisture, it may be used for filling up low-lying lands.

---

THE French naturalist, Buffon, believed that if accidental causes could be excluded, the normal duration of human life would be between ninety and one hundred years, and he suggested that it might be measured (in animals as well as in man) by the period of growth, to which it stood in a certain proportion. He imagined that every animal might live for six or seven times as many years as were requisite for the completion of its growth. But this calculation is not in harmony with facts, so far, at least, as man is concerned. His period of growth cannot be estimated at less than twenty years; and if we take the lower of the two multipliers, we get a number which, in the light of modern evidence, cannot be accepted as attainable. If the period of growth be multiplied by five, the result will in all probability not be far from the truth.

DEATH OF A PLUMBER FROM LEAD-POISONING. — An inquest was held recently before Dr. Danford Thomas, on the body of Frederick Foster, aged 46, a plumber, residing at Holloway, who met his death by lead-poisoning. From the evidence of the widow, it appears that the deceased, who two years ago was a healthy man, had since that time been restless at night, complaining of his head, and of a burning pain in the abdomen. It seemed he had taken certain preventive measures, for she stated that he took sulphate of magnesia and salts, and was careful to wash his hands with a powder after he ceased working, and also to remove particles of lead from beneath his finger-nails, but still he continued susceptible to lead-poisoning. The coroner observed that he had never had previously a death from lead-poisoning before him where the victim was a plumber. The deceased, he thought, must have been a very susceptible subject. Dr. Parker, who had been called in, said that he had twice or thrice advised the deceased that his only chance of preserving life was to relinquish his trade. When he saw him he was in a moribund condition. He died from blood-poisoning when suffering from disease of the kidneys, produced by chronic lead-poisoning, contracted by him when working at his employment as a plumber. The jury returned a verdict accordingly.

# Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

**The Housekeeping of the Future.** — The city of the future will not build houses in squares, giving to every house an individual kitchen and prison-like back yard. It will rather build them all around an open square, and the part now disfigured with the kitchen will be given over for a household sitting-room or nursery, opening into a great green space, where children shall play in safety, and through which the free air of heaven shall blow into the houses surrounding it. In every square will be found a scientifically-constructed building containing a laundry and a great kitchen, supplied with every modern appliance for skilled and scientific cookery, and also for sending into every dining-room any desired quantity or variety of food. The individuality of the home and the home table will be preserved, and the kitchen smells and waste and "hired girl" will all be banished. Oh, how freely would thousands of housemothers breathe under such an arrangement of things, and in how many thousands of families of moderate means would such an arrangement do away with the necessity of any servant whatever! How would expenses be lessened, care abolished, and peace and quiet and security reign, where before was anxiety and disorder, and constant upheaval of the foundations of family life! Such an arrangement of domestic work would not interfere with certain convenient arrangements for varying the home table with special viands prepared at home. In these days of ornamental refrigerators, gas stoves, and ingenious and tasteful cooking utensils, many articles of food could be prepared by the home-mistress without the concomitants of kitchen *débris*. Coffee, tea, chocolate, omelets, boiled eggs, even waffles and muffins and biscuit from the little tin oven of the gas stove, could be made and baked and added to the bill of fare without soiling the hands or the dress of the daintiest home-mistress. The gas stove will supply the needed hot water for domestic uses, also the means of preparing food for small children or for the sick. It will enable the house-mother at any time to prepare a cup of tea or chocolate or beef tea or broth, and make her, to that extent, independent of even the scientific kitchen. Under this arrangement of things the fondness of women for having the home free from any foreign element of servants will cause many to perform the remainder of their household work themselves. If any one is not equal to this, organized labour will send a competent person into the house every morning to sweep, dust, and put in order. Under such an arrangement, also, if help in the care of our children of the lighter parts of household work were needed, we could probably secure a superior class of girls for assistants. Thousands who are now in shops and other organized industries would really prefer work in homes, if only the heavy, grimy, malodorous, clothes-destroying work of cooking and laundering were not required and expected of them, and they could have specified hours of labour, as would then be possible. This, then, is the certain form of the housekeeping of the future in cities and villages. It will not be done co-operatively; it will be done by capital and organization, because capital will find it profitable. It will be adopted by all who need to live economically and desire to live well. It will not preclude the large establishments

of the wealthy, who can afford to keep a corps of trained servants, and who wish to have their cooking done in their houses. It will disburden the home of the incubus of expense and care inseparable from the present system of the individual kitchen and the irresponsible servant. It will enable the youthful lovers to marry on moderate incomes, and set up at once a happy home of their own, even though the young wife has not had an opportunity to learn, and consequently does not know how to do "all kinds of kitchen work." She will probably never need to learn all the domestic arts her mother knew, just as she does not now need to know how to spin or weave or knit. Freed from the formerly harassing cares of kitchen and servant, the housekeeper of the future will be able to become the ideal home-keeper; to give proper care to her children and herself, without abandoning all the intellectual pursuits and social pleasures of her youth.—*Helen Ekin Starrett, in "The Forum."*

✿ ✿ ✿

**Sea-Bathing for Children.**—It would be needless and vexatious alike to children and parents who yearly enjoy a holiday at the coast if we were to picture in graphic detail all the possibilities of injury which there, as elsewhere, abound. Sunstroke, the risk of catching cold, of falling into the sea from piers, rowing-boats, or sailing-boats, and many more accidents both within and out of doors, need not now receive from us more than a passing mention. Sea-bathing is in itself a fertile theme. There is in this connection one point in particular to which we would direct attention. A contemporary writes at some length in condemnation of the common custom of ducking and forcibly bathing young children in the sea. He objects to this, not unreasonably, on the ground that the beneficial effect of bathing depends chiefly on its influence as a cardiac tonic. This advantage, he observes, is largely discounted by nervous depression when a child, already scared at the sight of what seems a wild waste of water, is further terrified by rough-and-ready immersion. There is truth in his argument that there need be no difficulty in bathing even such children if their education in the art be carried out by more persuasive methods. In cases of this kind any known constitutional timidity should have ample consideration. At the same time it is most necessary to distinguish between this and mere passionate disinclination. In the latter case a disappointment of the will is itself a useful lesson in obedience. More than this, there are even children of naturally diffident character, but otherwise healthy, for whom a prescribed sea-bath under moderately rigorous management provides an ultimately useful tonic. In all such cases much will depend upon the judgment of the persons immediately responsible. It follows, from the above remarks, that any who may be thus placed should study closely the characters of their children, and guide their conduct accordingly.—*Lancet.*

✿ ✿ ✿

**Eel-Skins for Rheumatism.**—Eel-skins for rheumatism. It is a quaint idea, and sounds a good deal more like an ancient and exploded superstition than the accepted remedy of sensible men. Nevertheless, eel-skins are largely in demand, and a great many people in various parts of the country wear the dried skins as fully accredited cures for rheumatism. A *Pall Mall* reporter the other day paid a visit to Billingsgate and made some inquiries. One of the largest eel-dealers in the great London fish-market was seen, and at once gave some interesting information on the subject. "Well, you know," he said, "we don't skin eels here, we sell them in quantity, and alive. All the same, I have heard a good deal about the employment of eel-skins for the cure of rheumatism, and though I have never used them myself, for I am thankful to say I do not suffer from the complaint, I do know of numbers of cases in which they have been used with complete success. Our men are often asked to get a few skins, and they send them to all parts of the country. They get a few pence, or a tip of some kind for a bundle of skins, but I don't think there is any regular trade in them." "How are the skins used?" "They are stretched on a board and dried, in the first place; then, to make them pliant, they are slightly moistened and tied around the suffering limb. They are worn as garters, anklets, bracelets, and armlets. They are even worn around the waist—next to the skin, of course—for lumbago and sciatica." "Can you tell me what is supposed to be their special virtue?" "No, except that they are effectual. Hundreds of London cabmen wear them, and swear by them; and I have a number of gentlemen customers in the country who ask me to send them eel-skins to give away to the poor people of their districts. Persons who have once worn them will never be without them if they can help it. But I cannot tell you what medicinal property they possess; perhaps, after all, it is only warmth, for of course they must form an almost air-tight bandage, like a piece of gutta-percha or goldbeater's skin. Perhaps it is only fancy, and that goes a very long way, as you probably know. Why, I have heard that a skein of silk tied round the waist will cure lumbago, or round the knee will cure rheumatism in the leg. Now, what earthly medicinal property can there be in a skein of silk? Of course the skins are generally considered as refuse or offal, and are consequently thrown away."

## Sanitary Appliances, Etc.

### HYGIENIC STOVES.

The problem of heating our houses, and especially our lobbies and bedrooms, in a hygienic, cheap, and satisfactory fashion appears to us to be capable of realization, from the point of view claimed for the inventions of The London Fire Appliance Company, of 126, Buchanan-street, Glasgow. This firm devotes itself to the manufacture of improved heating and lighting "Condensing Stoves," constructed to consume gas or oil as may be most convenient. The peculiarity and special feature of these stoves is their absolute freedom from smell, while to this *sine quâ non* in the matter of heating and lighting, we must add another important fact, namely, that the stoves under notice are of most economic kind, and will burn from three to six hours, according to their size, at a cost of one penny. These stoves are most cleanly in action, and give off no smoke, while they burn noiselessly, and are free from all risk or danger of fire. Further praise or commendation than is contained in these facts no inventions of the kind can need or require. Dr. Clark, City Analyst of Glasgow, pronounces these stoves to have a perfect combustion, and to be superior to all with which he is acquainted. We can endorse Dr. Clark's words. The prices vary from £1 18s. to £6 15s. The stoves give off a most pleasant light in addition to their heat-producing powers, and the former quality certainly redeems them completely from the usual English objection to stoves, namely, that we miss in ordinary appliances of the kind the cheerful glow of the open fire. A noteworthy feature is that, as these stoves require neither flue nor chimney connection, they can be placed anywhere.

It is stated that Father Conradi, one of the colleagues of the late Father Damien, in the leper settlement of Molokai, has become affected with leprosy.

The Boers of South Africa believe that the moon exercises an influence over dropsy, and that the water is always worse at full-moon and wanes as the moon wanes.

# IMPORTANT ANNOUNCEMENT.

## A NEW VOLUME BEGINS WITH THE NUMBER FOR FRIDAY, OCTOBER 4th, 1889.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer :—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor*.

# Our Letter-Box

**"Conference [maketh] a ready man."—*Bacon.***

*NOTICES TO CORRESPONDENTS.*

*All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to* "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules :—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

## LETTERS TO THE EDITOR.

### OVERCROWDED CEMETERIES.

SIR,—In view of the conferences on Burial Reform to be held during the Church Congress in Cardiff on September 30th ; in the Council Chamber, Oxford, on October 8th ; at the Church House, Westminster, on October 10th ; in the Council Chamber, Cambridge, on October, 15th ; and at Armagh, Belfast, Londonderry, Cork, and elsewhere, kindly permit me to point out that the Burial Service in our Book of Common Prayer offers suggestions of a mode of disposing of the dead which has been declared by scientific men to be in accordance with sound science and sanitary law, and which, if properly and completely carried out, renders over-


# NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the cure of NERVOUS COMPLAINTS have received Testimonials from three Physicians to Her Majesty the Queen, and the leading Physicians of nine London Hospitals, including over Forty Members of the Royal College of Physicians of London.

The distressing symptoms of NERVOUS EXHAUSTION, LOSS of MUSCULAR POWER, RHEUMATISM, SCIATICA, PARALYSIS, EPILEPSY, &c., are speedily removed by means of **PULVERMACHER'S world-famed Galvanic Belts,** which convey the Electric Current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of premature waste and decay.

Sir CHARLES LOCOCK, Bart., M.D., says:—"PULVERMACHER'S BELTS are very effective in neuralgia and rheumatic affections, and I have prescribed them largely in my practice for other similar maladies, paralysis," &c.

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says: "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

Dr. GOLDING BIRD, M.D., Physician, Guy's Hospital, says:—"I can hardly recommend MR. PULVERMACHER'S INVENTION too strongly to the notice of my medical brethren."

Dr. H. A. ALLBUTT, M.R.C.P., 24, Park-square, Leeds, writes, Oct., 1888:—"I always recommend with confidence MR. PULVERMACHER'S BELTS. Ladies recovering from illness incidental to their sex will find these BELTS of vast assistance in restoring lost nerve power."

For full Price List and particulars, see New Pamphlet, "**GALVANISM : Nature's Chief Restorer of Impaired Vital Energy.**" Post Free from

**PULVERMACHER'S**
GALVANIC ESTABLISHMENT,
**194, Regent-street, LONDON, W.**
**ESTABLISHED OVER FORTY YEARS.**

crowding impossible. The rubric, "The priest and clerks meeting the corpse, and going before it either into the church or towards the grave," permits the body, when there is danger of infection, to be taken direct to its burial, instead of into the church. The rubric, "While the body is made ready to be laid into the earth," points to an interment of the body in as close contact with the earth as circumstances, decency, and reverence permit. Another rubric, "While the earth is being cast upon the body by some standing by," seems to imply that the body is to be surrounded and covered with sufficiency of earth. The mode of burial indicated by these rubrics in the "Order for the Burial of the Dead" in the Prayer Book is harmless to the living. If the coffin be of a perishable nature, if the soil be dry and porous, if the graves be not too crowded, the dead are resolved into air and ashes in from three to seven years, and this without injury to the living. Now, if the Burial Service manifestly enjoins a mode of disposing of the dead which is in conformity with sanitary laws, it may be inferred that all other supplementary or exceptionally necessary sanitary precautions are to be welcomed and acted upon.

Mourners are not expected to do anything, or leave anything undone, to the imperilling of their own welfare, or that of the public at large. It should be considered a pious duty to bury as soon after death as signs of dissolution appear. The coffin should be of some readily perishable material. If the presence of infectious germs be suspected, some chemical compound, capable of destroying such germs, should be placed in the coffin as soon after death as possible. The placing of the body in a properly appointed mortuary near the burying place should be considered to show as much respect as following it with a costly procession through the crowded streets.

The disease-carrying pall should be discarded. The grave should be so shallow as that the air be not excluded. When the soil of the cemetery is not suitable for the disintegration of human remains, the grave should be filled up with dry, porous, properly-prepared earth. Bricked graves and vaults, which retain the body in a state of arrested decomposition, should be abandoned.

The surface of the grave should not be covered with slabs or monuments preventing the growth of plants and excluding the air. Suitable vegetation should abound. Only when assured of the complete dissolution and redistribution of the first should a second body be interred in the same earth. Graveyards should be gardens where the dead are buried side by side, each succession of human bodies passing away into air and ashes, the earth being thus ready every succeeding generation to perform its beneficent action again. Thus, natural laws will have been observed, and the earth, which is the best deodorizer and antiseptic known, and the receptacle of all creatures which have lived and died, will have acted as the medium through which the air descends and performs its purifying and disintegrating action, to reascend in new combinations, and nourish fresh life.

I crave, therefore, the moral and practical support of your readers on behalf of the Church of England Burial, Funeral, and Mourning Reform Association, whose aim is to abolish the prevalent, improper, imperfect, falsely so-called burial in durable coffins, in vaults, or already crowded graves; and to substitute the Church's "earth to earth" mode of burial, in a readily perishable coffin of compressed pulp, or the like, as carried out by the Necropolis Company at the Woking Cemetery. Under this system, not only is the natural chemical combustion of the body brought about, with harm to none, and overcrowding made impossible, but also other distinct and definite advantages accrue: the funeral ceremonies are simplified, the expense lessened, and the same earth rendered available for the burial of the dead, generation after generation, for all time to come.—I am, Your obedient servant,

ARTHUR P. PUREY-CUST, D.D.,
*Chairman of the Council.*

*Deanery, York, September 13th,* 1889.

## QUERIES AND ANSWERS.

### REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

A. OXFORD.—Try the following lotion: Bicarbonate of soda, one drachm; glycerine, an ounce and a half. Mix. Apply the lotion after washing. If this lotion does not cure you, substitute for it the following: Pulv. calamin. ver., two drachms; pulv. oxid. zinc, one drachm; glycerine, half an ounce; aquæ camphor. ad., six ounces. Mix. Label: "For external use only."

A STAR.—Howie's Filter, advertised in our pages, is one of the best that can be bought. It can be easily cleaned, an essential feature in all good filters.

J. T. CHESTER.—Try the lotion recommended to "Charles Rice" in HEALTH No. 336.

STELLA.—1. Simply give the Mazawattee tea a fair trial, and note its effects on your case. It is an excellent tea for dyspeptics. 2. Infuse for a short time only; using a teaspoonful for your infusion. 3. No: it only prevents acidity.

EXPRESS.—You had better leave such a prurient inquiry alone. You will likely do much more harm than good by well-meant but inexpedient questions. If you desire any manual which will give sound advice on the subject, read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.). A cold or tepid sponge bath each morning would be far more beneficial to you than a swimming bath.

TENDER SKIN.—Try Vinolia (Roberts & Co., 75, New Bond-street, London, W.); and use it as an ointment. See article in HEALTH of last week.

A. B. A.—Consult a good surgeon. In your city there is a very famous authority on such ailments. Send us stamped addressed envelope, repeating your inquiry, and we will forward you his address. Take his advice on the matter.

MAUD MILLER.—You should first of all regulate your diet, avoiding suppers late at night. Take the Cascara Cordial (or two tabloids) as ordered to "A. Lamb" in the present number, and note also the hints regarding diet given to that correspondent. Brush your teeth night and morning with Bunter's Puriline Tooth Paste, and take a tepid bath each morning to assist your skin action. If not cured, write again.

J. ANGUS.—You should trust to the elastic stocking, and procure a new one when required. The bandage you name would not suffice for your relief. There can be no harm in using cold water occasionally, but we should not advise you to do so through the winter.

GREATLY DISTRESSED.—See that you rest after your meals regularly, and when flatulence troubles you take five drops of Pure Terebene on a piece of sugar. Avoid excess of vegetables. If not cured, write again.

AMICUS.—The proper treatment is rest, and applying boracic acid ointment to the sore places. The feet should be elevated when sitting or lying. After the sores are healed, you should get an elastic stocking fitted to the leg so as to ease the varicose condition, and in this way prevent further mischief. A teaspoonful of Inman's Syrup of the Hypophosphites may be given in water, thrice daily, after food, for a time.

BOILS.—Your system has got very low, hence your ailment. Let your diet be generous, take a little Vino Tinto Claret (advertised in our pages) each day to your meals as a suitable tonic wine, and drink La Bourboule Water night and morning as a water most suitable for your case. Warm or tepid baths, night and morning, will also aid your cure. Dissolve some bicarbonate of soda in the water of the bath before using it.

JOHN RENNIE.—Your son should be advised to visit a good ear-surgeon in Paris, and have his ears thoroughly examined. Mental irritation and worry may exercise an effect on the ear, but a careful examination is the first necessity. If a tonic is needed that ordered to "Amicus" above should be tried.

FLORA.—Ask your chemist to make up a bottle of Sir Erasmus Wilson's Hair Lotion for you, and use this morning and night. If not improved in a week or two, write again.

NOSTREBOR.—Make a radical change in your diet. You are suffering from liver-ailment, which change of food and the use of Cascara will cure. See and follow advice given to "A. Lamb" in the present number of HEALTH. If not bettered, write again.

P. H. J.—You ask what is really an impossibility; but your primary error is that of regarding your nerves as "weak." The real truth is, you are simply suffering from nervous irritability. If the excitement you mention is relieved in a natural fashion, it will surely not trouble you. For the rest, take plenty of out-door exercise, and in the morning you will find a tepid bath to soothe you effectually. Let your diet be simple, and avoid stimulants.

DONNER.—Your present closet is highly defective. The only closet which will suit your house, and which we recommend as safe, simple, and cleanly, is Twyford's "Unitas." See notices of this closet in past numbers, and note advertisement of it in our pages.

G. S. S.—Apply to the Medical Battery Company, 52, Oxford-street, London, W., for their prospectus of the Zander Machines. Passive movement should be likely to suit a case like yours.

E. AFFLECK.—1. About forty or fifty, we think. 2. Mellin's Food, certainly. 3. See article in this week's issue.

L. M. M.—Apply to Mr. Pulvermacher, 194, Regent-street, London, W., for full particulars. He will send you his pamphlet gratis.

E. GRIMBLE.—1. See advice given to "Donner" above, and try Twyford's "Unitas" Closet as a genuine health-appliance. 2. Sanitas Oil, not the Fluid.

TANTO.—Apply a little boracic ointment to the parts night and morning, and internally take a teaspoonful of the Easton's Syrup (Seller's) after your meals, in a wine-glass of water, twice daily.

REX.—You may find the following useful: Liquor ammonia (strong); chloroform and oil of jasmine, of each half an ounce; castor oil, half a drachm; spirits of rosemary, to make up four ounces. To be kept in a stoppered bottle and labelled: "A little to be carefully rubbed into the hair in the morning." Use, also, a little of an ointment composed of Lanolin, two drachms; and oil of jasmine, half a drachm. Rub this into the parts at night, so as to prepare them for the lotion in the morning.


# Tired Brain

## Horsford's Acid Phosphate,

A brain food. It increases the capacity for mental labour, and acts as a general tonic. It rests the tired brain, and imparts thereto new life and energy.

Dr. ED. T. JOHNSON, M.R.C.S., 121, Rice-lane, Walton, Liverpool, says: "I have used it with very good results in cases of overtaxed and overworked brains, one in particular, a schoolmaster, where it acted like a charm."

Dr. JNO. LAMBE, M.R.C.S., West Villa, Shurdington, No. Cheltenham, says: "It produced good results in sick headache and brain prostration, tranquillizing the irritation, giving comfortable sleep."

Descriptive pamphlet post-free on application to

**Rumford Chemical Works, Providence, R.I., U.S.A.**

**Beware of Substitutes and Imitations.**

**CAUTION.—Be sure the word "Horsford's" is printed on the label. All others are spurious. Never sold in bulk.**


S. B.—Himrod's Asthma Cure, which is used by inhaling the vapour arising from the substance when burned, should be tried by you. Marshall's Cubeb Cigarettes, used by bringing the smoke down the nostrils, are also useful.

LIMPET.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and attend to the directions there given.

F. E.—Superfluous hairs can only be satisfactorily removed by electrical means. Read the article on this subject in HEALTH, No. 149. We can send, if desired, on receipt of stamped addressed envelope, address of a specialist who removes hairs in this way.

G. A.—Apply Vinolia to the affected part, as a remedy likely to cure you. Wash the part with Vinolia Soap. You must, however, beware of washing the head too frequently. This is a common source of hair-weakness. If not cured, write again.

S. ALLEN.—For your hair-weakness use the following lotion: Solution of ammonia, half an ounce; tincture of cantharides, half an ounce; eau de Cologne, one ounce; water, to eight ounces. Rub into the roots morning and night with a soft sponge.

C. M.—Consult the French Hygienic Society, 6, Conduit-street, London, W., and use their Pommade Trichophile for the cure of scurf. This society will also be able to advise you regarding the use of a harmless dye or restorative for grey hair.

ALTO.—Mellin's food is the proper diet for your infant. The food you are now using is starchy, and is, therefore, practically a poison to a child under eight months' old. Mellin's food is the best you can use at the age you name.

E. M. M.—Apply to the French Hygienic Society, 56, Conduit-street, London, W., for their advice regarding hair-dyes. Try the Pommade Trichophile made by the society just named. It is an excellent application for scurf.

GREATOREX.—A hair-wash which is not greasy in its nature may be made as follows:—Glycerine, four ounces; tinct. cantharides, four drachms; liquor ammonia, four drachms; rose water, concd., two ounces; bay rum, ten ounces.

MARK LENNOX.—Press out the blackheads fully, and then sponge the skin with Bayley's Eau de Cologne or Toilet Vinegar and water. Look to the state of your skin, and see that you take warm baths occasionally, to favour the action of the sweat-glands. Avoid excess of fatty foods, and let your diet be plain and non-stimulating.

PETER F.—Try the Vin Mariani (Roberts and Co., 76, New-Bond-street, London, W.) as a suitable tonic.

SELBY.—Try the following mixture:—Bicarbonate of soda, two drachms; dilute hydrocyanic acid, twelve minims; compound infusion of gentian, to eight ounces. Mix. Take a tablespoonful twice daily, an hour before meals.

SALS.—Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full instructions regarding your health therein.

TIP.—Touch the spots with a crystal of sulphate of copper, and wash out the mouth twice or thrice daily with a little chlorate of potash dissolved in water. You may probably be benefited by taking at intervals (for a week or so at a time) the following mixture:—Iodide of potass, a drachm and a half; infusion of calumba, six ounces. Label: "A dessertspoonful thrice daily."

BETA.—Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find all necessary information given you therein.

A. LAMB.—Try Cascara Cordial in twenty-drop doses, taken in water, once or twice daily, between meals; and follow up this remedy, and render its effects permanent by the use of a diet largely vegetable in its nature—such as Scott's Oat Flour, stewed fruits, prunes and apples, ordinary vegetables, &c.

G. EALES.—Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find your case fully described therein. Use the remedies noted in the pamphlet as curative of constipation, and you will get quite well.


## WEAK & LANGUID

Feelings positively yield like magic to the invigorating properties of mild continuous Electric currents, generated imperceptibly by simply wearing one of

**HARNESS'**

## ELECTROPATHIC BELTS.

They are guaranteed genuine, and sceptics may see them scientifically tested, and personally examine thousands of testimonials and press reports at the **Electropathic and Zander Institute,** of the **Medical Battery Co., Ltd.,**

**52, OXFORD ST., LONDON, W.**

*(Corner of Rathbone Place.)*

CONSULTATION FREE. All communications are regarded as strictly private and confidential, and should be addressed to the Company's **President, Mr. C. B. Harness.**

# BUNTER'S NERVINE

Cures TOOTHACHE Instantly.

**Prevents Decay, Saves Extraction. Sleepless Nights Prevented. Neuralgic Headaches and all Nerve Pains removed.**

Dr. ANDREW WILSON, F.R.S.E., &c., writing in *Health*, says: "'BUNTER'S NERVINE' has stood the most severe test. For many years it has been the favourite household Remedy for TOOTHACHE and kindred ailments of NEURALGIC character. It contains nothing of a deleterious nature, and should claim an honoured place in every family medicine chest."

BUNTER'S NERVINE. Sold by all Chemists, 1/1½.

# BUNTER'S DENTINE

IS THE MOST SIMPLE AND

**PERMANENT STOPPING for DECAYED TEETH.**

Any one can easily prepare and place it in the cavity of the Tooth in a soft tate, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth.

*All Chemists,* **1/6.** *Post Free,* **19** *Stamps, by Proprietor.*

# PURILINE

## Tooth Polish

Will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Destroy Tartar and all Living Germs; and Keep the Mouth in a Delicious Condition of Comfort, Health, Purity, and Fragrance. It is not a Powder or Soft Paste that will scatter over clothing and soil the toilet, but a Dental Paste of stiff consistency, non-gritty, and Absolutely Pure. May be carried in the pocket in any climate of the world, without injury or losing its virtues.

*Price* **1/-** *Sold by Chemists, Perfumers, &c., or sent post free by Proprietor.*

# PURILINE

## Tooth Wash

*FOR THE TEETH, GUMS, AND BREATH.*

**A PURE, PERFECT, AND REFRESHING FLUID DENTIFRICE.**

A few drops in water used daily will thoroughly Cleanse, Beautify, and Preserve the Teeth; Polish the Enamel, prevent Tartar, Destroy all living "Animalculæ." It is Absolutely Pure and Harmless to the Youngest child or most delicate constitution.

*Sold by all Chemists, Perfumers, &c.,* **1/-** *per Bottle, or sent post free by Proprietor.*

Proprietor: ALFRED WILSON, 422, Clapham-road, London, S.W.

# SCOTCH TWEEDS

## DIRECT FROM FACTORY.

If you want a really good ALL-WOOL SCOTCH TWEED, at Maker's Prices, in Worsted, Saxony, or Cheviot, *WRITE FOR PATTERNS.* All our own Manufacture. Any length cut. Splendid Selection. Tailors supplied with bunches of Patterns, Parties' own Wool made into Cloth. Heavy Tweeds, 1s. 9d. per WOOL. yard; Light Tweeds, 1s. 2d. per yard. Blankets, Rugs, Winceys, Flannel, &c. Carriage of Wool paid, and Patterns sent free.

IMPORTANT NOTE.—All Wools sent to be made into Heavy Tweeds, Blankets, Crumbcloths, &c., &c., are made from two-ply yarns. This makes the Cloth finer and wear much longer than when it is done in the ordinary way. Cloth will be returned in One Month from receipt of Wool.

## A. COLQUHOUN, Manufacturer,

GALASHIELS, SCOTLAND.

RESPECTABLE AGENTS WANTED IN EVERY DISTRICT NOT YET REPRESENTED.

# KRONENQUELLE.

The famous Mineral Water for the treatment of

## GOUT, GRAVEL, RHEUMATISM, &c.

PAMPHLETS FREE BY POST.

**W. SCHACHT & CO., 26, FINSBURY-PAVEMENT**

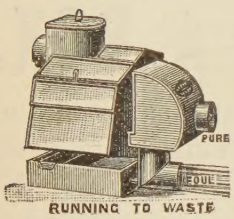
AND

**ROYAL HOTEL BUILDINGS, VICTORIA EMBANKMENT, LONDON, E.C.**

SILVER MEDAL, Health Exhibition, 1884, and Medal of Sanitary Institute, 1883.

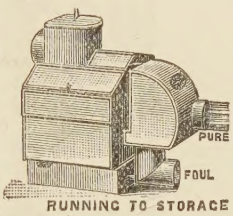
THE

# Rain Water Separator



RUNNING TO WASTE

Prevents the first portion of the rainfall passing into the storing tank. It cants and stores the water when the roof has been washed by the rain.



RUNNING TO STORAGE

PRICE FROM £2 15s. to £6 5s.

C. G. ROBERTS, Haslemere, Surrey.

*THE FIFTH EDITION NOW READY.*

A

# LECTURE TO YOUNG MEN

ON

## "Purity of Life and the Preservation of Health."

BY A GRADUATE.

A complete Refutation of Quackery and a safe and reliable Guide, from the Medical standpoint, to all Young Men. Every Youth should read this pamphlet as a guide to the safe conduct of life in a moral and physical sense.

PRICE ONE SHILLING, or post-free 1s. 1d., from

HENRY RENSHAW, MEDICAL PUBLISHER, 356, STRAND, LONDON, W.C.

# TOWLE'S

## Pennyroyal & Steel Pills

*FOR FEMALES*

Quickly correct all irregularities and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 9d., of all Chemists. Sent anywhere for 15 or 34 stamps, by

THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, LINCOLN.

BEWARE OF IMITATIONS.

## "CHAMBERINE" (PATENTED).

A Noiseless, Unbreakable, Light, Non-absorbent Chamber Cover, post free, 2s. 3d. per pair, or 12s. per dozen, from—HENRY LEWIS, Chemist, St. Albans.

GOOD TIDINGS FOR SUFFERERS.

## ASHTON'S Gout and Rheumatic Cure.

IS GOUT and RHEUMATISM CURABLE?

To any asking the anxious Question,
WE ANSWER, Do not despair till you have tried
*In Bottles at* 1s. 1½*d.*, 2s. 9*d.*, 4s. 6*d.*, *&* 11s. [ASHTON'S CURE.

Mr. J. Dewhirst, 14, Commercial-street, Huddersfield—being a great sufferer from Rheumatism and Rheumatic Gout, was induced to try Ashton's Cure; he found instant relief, and strongly recommends it to all similarly affected.

## Ashton's Asthma Cure

Is the finest medicine in the world for this most distressing complaint. Asthma, Bronchitis, Coughs, and Consumption prevented. Price 1s. 1½*d.*, 2s. 9*d.*, 4s. 6*d.*, *&* 11s.

*GIVES IMMEDIATE RELIEF.*

Mr. W. Nicholson, 37, The Grove, Vauxhall, S.W.
"I have found great relief from taking your Asthma Cure, and will strongly recommend it to any sufferer I know. It is a great boon."

*Of all Chemists, or post free from the Proprietor,*
J. WARNER, 70 & 71, CHANCERY-LANE, W.C.

*Demy 8vo, with One Plate, price* 1s.

# BOARD SCHOOL LARYNGITIS.

BY

**GREVILLE MACDONALD, M.D. LOND.,**

*Physician to the Throat Hospital, Golden-square, W.*

LONDON:
A. P. WATT, 2, PATERNOSTER-SQUARE.

## Works by Dr. ANDREW WILSON, F.R.S.E.

CHAPTERS ON EVOLUTION: A Popular History of Darwinian and Allied Theories of Development. Third Edition. Crown 8vo, cloth extra, with 259 Illustrations, 7s. 6d.

LEAVES FROM A NATURALIST'S NOTE-BOOK. Post 8vo, cloth limp, 2s. 6d.

LEISURE-TIME STUDIES, chiefly Biological. Third Edition, with New Preface, Crown 8vo, cloth extra, with Illustrations, 6s.

COMMON ACCIDENTS, AND HOW TO TREAT THEM. By DR. ANDREW WILSON and others. With numerous Illustrations. Crown 8vo, 1s.; cloth limp, 1s. 9d.

LONDON:
CHATTO & WINDUS, 214, Piccadilly, W.

# A WONDERFUL MEDICINE.

# *Beecham's Pills.*

BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS
BEECHAM'S PILLS

Are admitted by thousands to be worth above a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy, Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. This is no fiction, for they have done it in thousands of cases. Every sufferer is earnestly invited to try one box of these Pills, and they will be acknowledged to be

## WORTH A GUINEA A BOX.

For Females of all ages these Pills are invaluable, as a few doses of them carry off all gross humours, *open* all obstructions, and bring about all that is required. No Female should be without them. There is no medicine to be found to equal BEECHAM'S PILLS for removing any obstruction or irregularity of the system. If taken according to the directions given with each Box they will soon restore females of all ages to sound and robust health.

For a weak stomach, impaired digestion, and all disorders of the liver they act like magic, and a few doses will be found to work wonders upon the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action, with the rosebud of health, the whole physical energy of the human frame. These are facts admitted by thousands, embracing all classes of society ; and one of the best guarantees to the nervous and debilitated is, BEECHAM'S PILLS have the largest sale of any Patent Medicine in the world.

Full directions are given with each box. Sold by all Druggists and Patent Medicine Dealers in the United Kingdom, in Boxes at 1s. 1½d. and 2s. 9d. each.


Printed for the Proprietor by HENDERSON & SPALDING, at 3 and 5, Marylebone-lane, Oxford-street, in the Parish of Marylebone, in the County of Middlesex, and Published by ALEXANDER P. WATT, at No. 2, Paternoster-square, London, E.C.